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KKMT® mobilization: Peripheral joints

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Krishna's Kinetikinetic Manual therapy® (KKMT®) is the latest school of thought in manual therapy founded by Dr. Krishna N Sharma, a Physiotherapist from India. KKMT® Joint Mobilization is a part of KKMT® as a whole. The KKMT® protocol includes assessment, mobilization and prevention. The mobilization techniques are based on the following principles: 1) Proper arthrokinematic motion and homeostatic kinetic forces are essential for proper and smooth osteokinematic motion. 2) Homeostatic kinetics of the joint is important to maintain static and dynamic alignment of a joint. The homeostatic kinetic forces help the joint come back in its proper alignment after a motion. The factors that produce and govern the homeostatic kinetics of joint are: a) Local/Intrinsic factors: e.g. ligament, cartilage, meniscus, etc. b) Global/Extrinsic factors: e.g. muscles, fascia, gravity, etc. 3) Limitation or restrictions in the arthrokinematic motion can be restored by facilitating homeostatic kinetics of the intrinsic and extrinsic factors. The techniques to be covered during the 2 days of hands on workshop shall be Joint Gapping®, Functional Articular Rolling® and 3D Gliding® of the peripheral joints. The students will be certified by the Academy of Krishna's Kinetikinetic Manual therapy, India.

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Hospital outreach rehabilitation following hip fracture repair for nursing home residents improves mobility outcomes: A single blind randomized control trial

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