

Soft Tissue mobilisation is a physical treatment to alleviate musculoskeletal pain and rehabilitate injury.

It applies massage and mobilisation of muscles and joints to achieve improved function and relieve discomfort

Joint mobilisation involves passive movement of the skeletal joint. It is usually aimed at the synovial joint, with the aim of achieving a therapeutic effect.

There are generally 5 grades of pressure applied, as deemed appropriate by the practitioner, to achieve optimum mobilisation over a number of treatments.