



**Figure 4-4.** Wrist joint distraction.

## Wrist Joint Distraction

- **Purpose:** Increase general joint play at the radiocarpal and ulnocarpal joints, wrist ROM, articular nutrition, and decrease pain

### Patient's Position

- **Patient's position:** Sitting with the involved forearm resting on a rolled-up towel at the edge of plinth with the wrist hanging over the edge of the plinth (Figure 4-4)

### Clinician's Position

- **Clinician's position:** Standing lateral to the involved limb, facing the radiocarpal joint
- **Clinician's stabilizing hand:** The cranial hand grips the pronated distal radius and ulna at the styloid processes, resting the web space on the dorsal surface.
- **Clinician's mobilizing hand:** The caudal hand grips the proximal row of carpal bones, resting the web space on the dorsal surface.

### Mobilization

- **Loose-packed position:** Neutral with slight ulnar deviation
- **Closed-packed position:** Full extension
- **Convex surface:** Proximal carpal row
- **Concave surface:** Distal radius and ulna
- **Treatment plane:** Perpendicular to plane of the joint surface
- **Mobilization direction:** Distraction force