

Releasing Joint Restrictions Technique:

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Start with self assessment:

- Diagnose restrictions by determining movements or positions that are painful versus comfortable. i.e. if you can do some activity or motion and it provokes the pain, then use this as a pretest. Once you have completed one of the positions using the Releasing Joint Restriction (RJR) technique then repeat this movement to determine if you released the restriction (reduced the pain or improved range of motion).

How to perform this technique:

- Check all of the Restriction Indicators (RIs)-exquisite tender spots indicating the specific site of joint restriction.
- Use tip of finger (not pad).
- Use the scale of 0/10 with 0/10=pressure and no pain; 10/10=worst pain imaginable and find the worst RI.
- Once you have found the worst RI, keep it marked on the specific spot but stop pushing.
- To release the restriction-find the best movement combination of the body that reduces the RI (see specific handout).
- Recheck the RI using the same amount of force and in the same direction with each poke.
- Continue changing positions and checking the RI after each change until you find the position that makes the RI turn off or reduce as closely to 0/10 as possible.
- Once you have the RI turned down stay for 90 seconds.
- Return body back to a neutral (straight) position very slowly.
- Recheck RI with the body part straight.

- Check for RIs at least 2 times a day.
- If you have pain, there are restrictions of the joints and RIs somewhere.
- If you are unable or do not want to look for RIs but still have pain try the position listed in the movement combination for 90 seconds to each side (right and left) and see if this changes any symptoms.
- Check for tender RIs at least once a day the rest of your life. If you find an RI and treat it you will ideally be able to prevent any pain from returning and you will prevent breakdown of the bones and muscles.