

Grades of Mobilization (Maitland's)

Grade I-IV joint mobilization may be useful as a pre-test for the appropriateness of manipulation, as a pre-treatment for manipulation, or as a substitute for manipulation in patients where manipulation might be contraindicated. **Note:** Grade V mobilization should be construed as joint manipulation or adjusting.

Practitioners should record in the patient's chart the grade(s) of mobilization used during treatment. In the case of grade V, rather than recording the grade, record the listing, type of manipulation, and whether there was a local therapeutic response (+, -, or ?). For further information on how to chart adjustments in WSCC clinics, see the protocol, [Progress Notes](#).

- Grade I: Small-amplitude, rhythmic oscillations are performed at the beginning of the range.
- Grade II: Large-amplitude, rhythmic oscillations are performed within the range below tissue resistance, not reaching the anatomic limit.
- Grade III: Large-amplitude, rhythmic oscillations are performed to the limit of the available motion and into tissue resistance.
- Grade IV: Small-amplitude, rhythmic oscillations are performed to the limit of the available motion and to tissue resistance.
- Grade V: A small-amplitude, high velocity thrust technique is performed to stretch adhesions to the limit of the available motion.

Based on: Maitland GH. *Peripheral Manipulation*. Boston: Butterworths; 1977.

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