

POSITIONAL RELEASE

What is Positional Release?

- Positional release is a term for a selection of indirect manual therapy techniques involving careful passive positioning of the client to reduce pain, spasm, tightness and promote muscle relaxation and local circulation.
- Positional release aims to reduce the

What are the benefits?

- Reduced neuromuscular excitability.
- Increased flexibility and contractibility of the affected muscle.
- Improved ROM.
- Reduced local and referred pain.
- Improved circulation.
- Increased local and general

Are there any risks/contraindications?

- This technique is most beneficial if supported by other methods and techniques, such as METs,

How is the technique is carried out?

Protocols:

Method:

- Palpate to find the tight tissue and local tenderness.
 - Once the dysfunctional tissue has been identified, palpation is maintained and the client is asked to report on their pain experience at the tender point (using the pain scale between 0 and 10).
 - Support the client's joints appropriately to allow full client relaxation throughout the treatment.
 - Passively moves the joint in a way that reduces tightness and tenderness. These movements will normally involve a shortening of the affected tissues.
 - When the position of ease is close, perform smaller, fine-tuning motions, guiding the client to relax further.
 - The position of ease is held in a passively supported position for 90-120 seconds. The depth of palpating pressure should be reduced during the hold, but light contact should be maintained.
 - The SMT slowly returns the body part to its resting position, ensuring that movements do not reactivate muscle spindles by suddenly changing muscle length or tension.
 - 8. The SMT reassesses and repeats if necessary.
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