

Physical therapy programs to improve joint mobility of the hand and leg

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Abstract

The paper represents a program for improving mobility and tonification of the hand joint, and the lower limb. Following the basic pedagogical principles, recovery was made starting from recuperation of the coarse motricity to the fine motricity. Also, developing and maintaining rough motricity, it is advisable to use these structures for learning and improving exercise, aiming at a practical utility of self service and writing.

The proposed task is accomplished by passive mobilization, assisted passive, and active assisted and free mobilization. Programs were designed according to the authors' completed and enriched by personal experience over years, and by the results achieved in special education as well.

Keywords: passive mobilization, active assisted mobilization, free active mobilization, disabilities.