Subtalar Joint Mobilization Handout

Subtalar joint mobilization is a therapeutic technique used in physiotherapy to restore proper movement and function of the subtalar joint, which plays a crucial role in foot motion. This technique involves specific manual movements, including lateral glide, posterior glide, and medial glide, to improve joint mobility in various positions.

Causes of subtalar joint pain and dysfunction

Subtalar joint pain and dysfunction can arise from various factors affecting the foot's biomechanics. Here are some of the common causes:

- Imbalance between eversion and inversion movements.

- Improper alignment or excessive plantar flexion can contribute to pain in the posterior aspect of the joint.

- Injuries resulting from a distraction force during physical activity.

- Ankle joint sprains may also disrupt the normal gliding motions.

- Repetitive movements that result in abnormal anterior or posterior direction forces.

Procedure
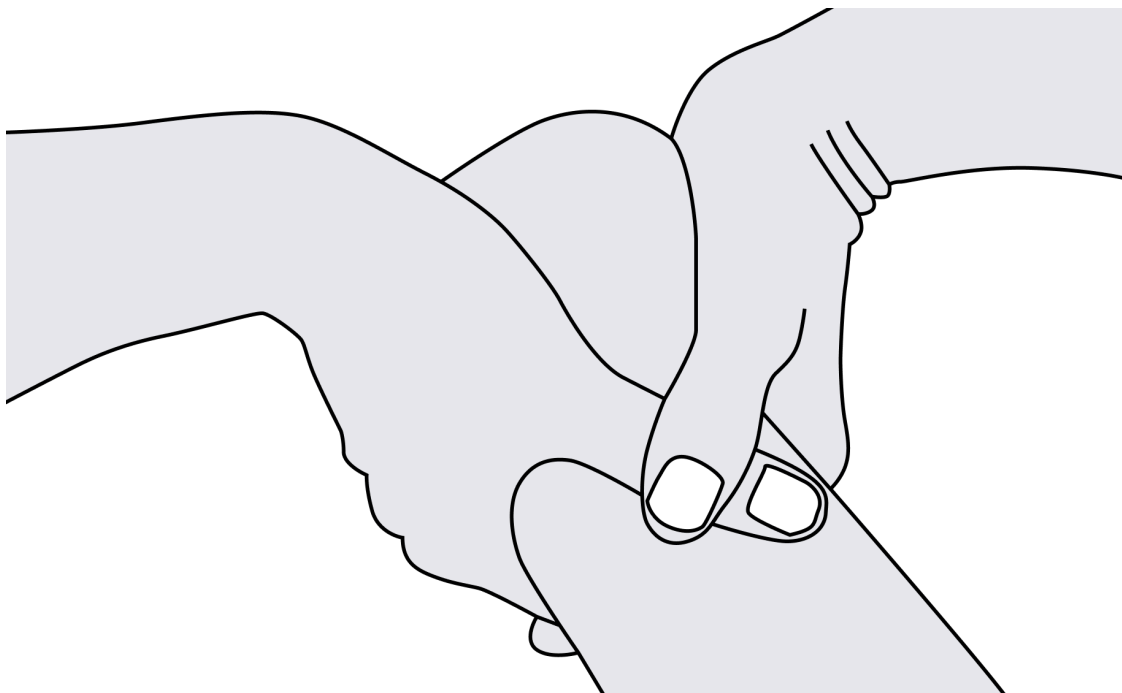
1. Put the patient in a prone position with their foot hanging off the table.
2. The talocrural joint should still be a slightly lifted head part of the bench.

3. Hold on to the patient's ankle where your index and middle finger can embrace the neck of the talus from the ventral.

4. Squeeze your patient's calcaneus with the thenar eminence of both of your hands.

5. Fixate the position by crossing your thumbs over the patient's Achilles tendon.

6. Perform traction at the subtalar joint into the plantar and proximal direction towards your chest. This can be achieved by using your fingers on the neck of the talus as a lever.

7. The patient's talocrural joint is rolled into dorsal flexion.

8. For more fixation, you can ask your patient to pull himself cranially at the edge of the bench.

9. Move into inversion and eversion from your shoulders while keeping your wrists and forearms stable.

Additional notes

Reference

Physiotutors. (2019, February 8). *Subtalar joint mobilization | inversion & eversion*. YouTube. https://www.youtube.com/watch?v=H29sC8fPXRM