

What is SJF ?

SJF (Synovial Joints Facilitation) refers to the therapeutic exercise which improves the range and quality of active-passive joint motion, using intra-articular movement based on arthrokinematics and the close technique based on lubrication theory for treating Mennell's "Joint Dysfunction", as defined by Hatsuo Utsunomiya (RPT, JAPAN)

The purpose and methodology of this technique are as follows:

1. For joint function:

a. Direct sliding, spinning or rolling

Purpose: to improve joint dysfunction and maintain the ROM of joints

Method: when the therapist moves the bone, add slide, spin, or roll technique to intra-articular movement. Then the joint moves without pain.

b. Close direct sliding or spinning

Purpose: to increase the ROM of joints by lengthening the soft tissues

Method: when the joint motion stops, the therapist applies gentle pressure (equivalent to approximately 1kg of force) or uses a spinning technique to bring the surfaces of the joints closer. Then the motion becomes smoother and increases the ROM of the joints by lessening friction, as per lubrication theory.

c. Close direct pure spinning

Purpose: to increase flexion, extension, abduction, external rotation and internal rotation

Method: for the gleno-humeral joint or hip joint when pure spinning stops, the therapist applies gentle pressure followed by spinning in order to bring the joint surfaces closer. This allows the joints to move more easily and with a greater ROM.

2. For muscle function:

a. Quick inverse sliding or spinning

Purpose: to activate the initial muscle contraction

Method: at the least-packed position (LPP), the therapist quickly slides or spins the joint to the opposite direction of the joint surface movement.

b. Quick direct sliding or spinning

Purpose: to counteract the initial muscle contraction

Method: at the least-packed position, the therapist quickly slides or spins the joint in the same direction as the joint surface movement.

c. Assistive direct sliding or spinning with active assistive motion

Purpose: to facilitate contraction of the muscle

Method: when difficult to contract the muscle, the therapist slowly slides or spins the joint in the same direction as the joint surface movement with active assistive movement

d. Counter sliding or spinning with resistive motion

Purpose: to facilitate contraction of the muscle

Method: when muscular contraction is too weak to move, the therapist either quickly or slowly moves the joint surface in the opposite direction to the patient's joint movement