

The Effectiveness of Mulligan Technique in Knee Injuries in Basketball Players. A Systematic Review

Selda V. Sokoli^{1*}, Klotilda Vrenjo², Aida L. Zotaj¹

¹ Department of Medical Technical Sciences, Aleksandër Moisiu University, Durrës, Albania

² Department of Education and Health, Tirana Sports University, Tiranë, Albania

Abstract

Background: Basketball sport requires a range of quick movements, including sprinting, cutting, spinning, and jumping. All these maneuvers do that basketball players suffer by knee injuries such as: knee meniscal injuries, patella-femoral pain syndrome, osteoarthritis and post traumatic stiffness of knee injuries. To prevent injuries, we can use Mulligan technique as an alternative treatment without side effects.

Aim: Evaluation of the effect of the Mulligan technique in improving pain, joint flexibility and functionality in knee injuries in basketball players.

Methodology: This is a systematic review conducted in the period September - October 2023. Scientific studies were searched in six

databases (PubMed, Cochrane Library, Science Direct, Web of Science, Taylor & Francis Online, PEDro, National Library of Medicine and The Lancet). These studies were conducted between 2015 and 2023 and were all in English. Randomized controlled trial studies and clinical trials were included in our study. The outcome measures that were applied to assess knee injuries were: Nprs; Kprs; Ake; Tug; Vas; Lefs; Psfs; Rome; Koos; ppt; Womack; Ols.

Results: From 209 studies found, based on the exclusion and inclusion criteria, only 8 studies were included regarding the effect of the Mulligan technique on knee injuries. In those studies, the results were achieved with statistically significant values of the effect of this

thechnique regarding some variables: like visual analogue scale (VAS), functional scale of the lower extremities (LEFS, PSFS), physical active disability scale (DPA), muscle strength and range of motion (ROM).

Conclusions: This literature review study was effective in evidencing the improvement through Mulligan Technique of several important elements in knee injuries such as decrease pain, increase flexibility, muscle strength and functionality.

Keywords: Mulligan Technique, knee injuries, basketball, randomized controlled trials, knee pathology