

A decorative graphic on the left side of the slide consisting of white lines and circles on a blue gradient background, resembling a circuit board or neural network.

A PRACTICAL APPROACH TO UTILIZING OMT: "THE MEAT AND POTATOES OF LOW BACK PAIN"

BY:

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6 TYPES OF MANIPULABLE PELVIC DISORDERS

- 1) Subluxations
- 2) Sacroiliac Dysfunction
- 3) Iliosacral Dysfunction
- 4) Breathing Movement Impairments
- 5) Craniosacral Dysfunction
- 6) Visceral Dysfunction Pelvic

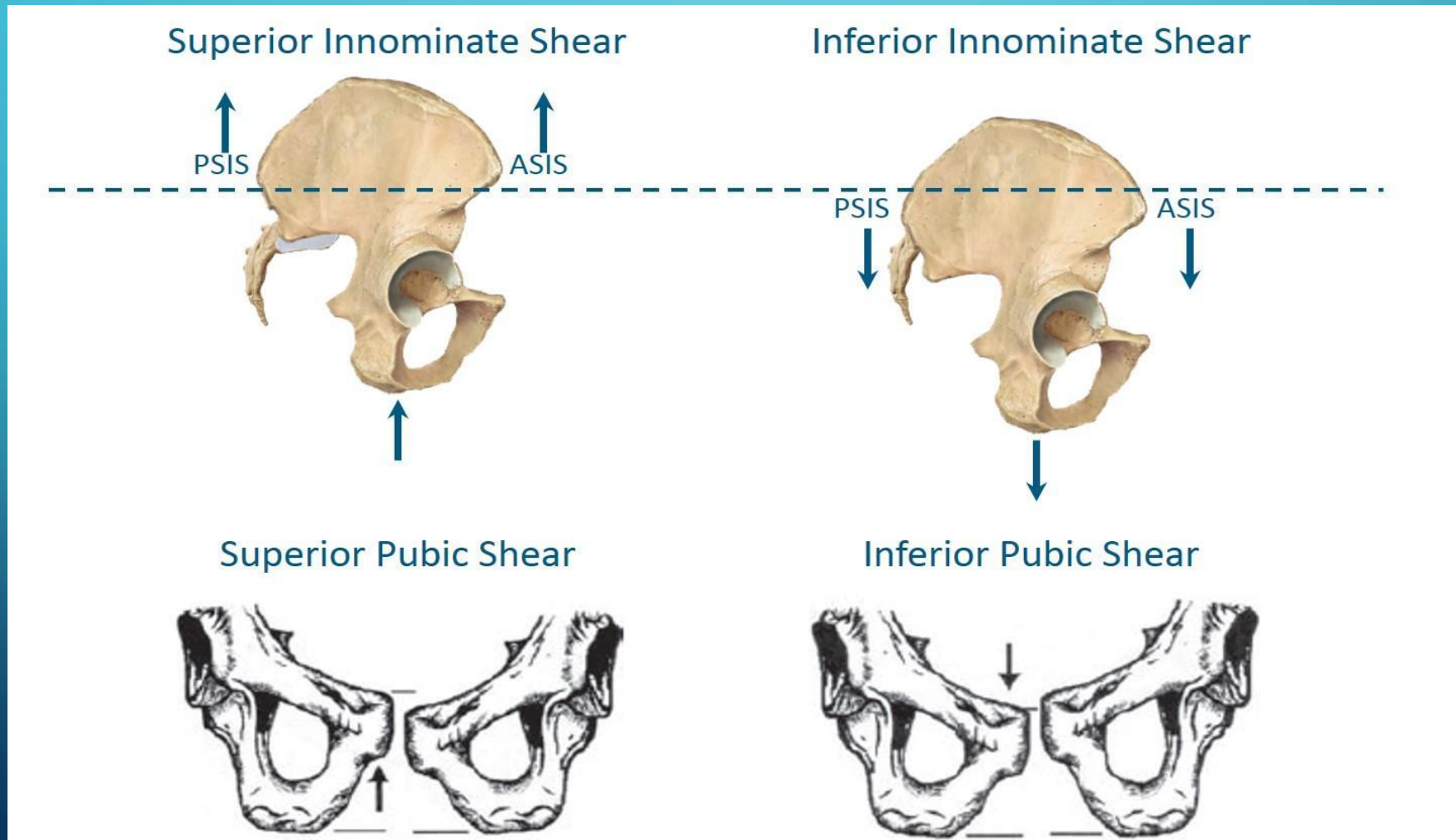
SUBLUXATIONS VS SOMATIC DYSFUNCTION

- Subluxation = incomplete dislocation
- Somatic dysfunction = loss of normal movement function without dislocation

PELVIC SUBLUXATIONS

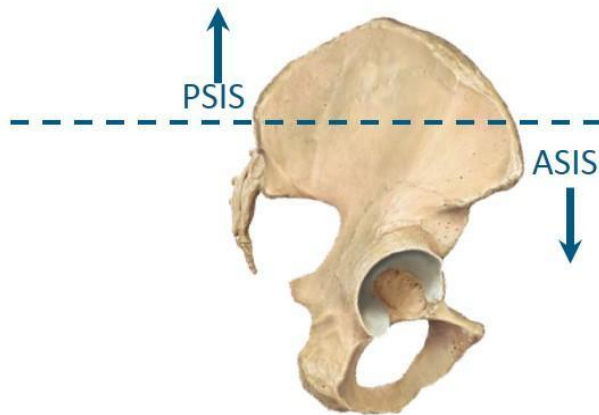
- Pubic symphyseal subluxation (vertical shear)
- Upslipped innominate
- Innominate in/outflare

PUBIC SYMPHYSEAL SUBLUXATION (SHEAR)/UPSLIPPED INNOMINATE

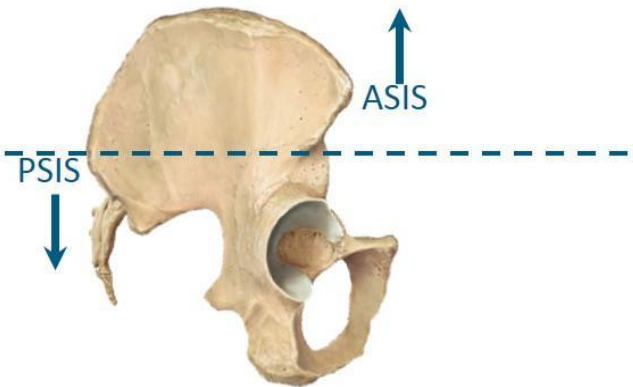


INNOMINATE IN/OUTFLARE ILIOSACRAL SOMATIC DYSFUNCTION

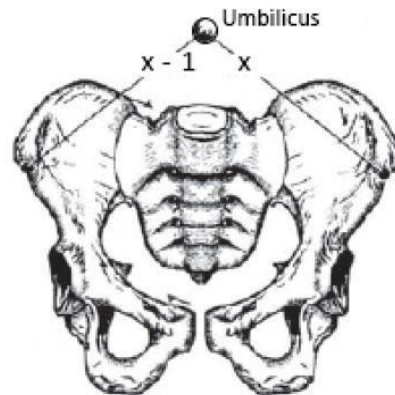
Anterior Innominate Rotation



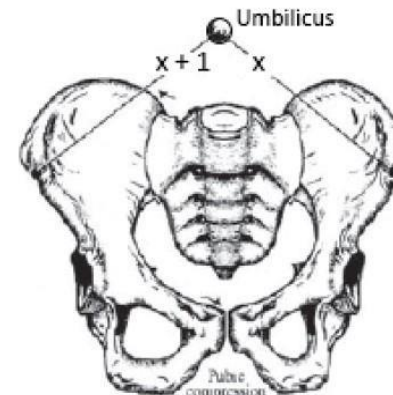
Posterior Innominate Rotation



Innominate Inflare



Innominate Outflare



SACROILIAC DYSFUNCTIONS

- Unilaterally flexed (sometimes bilateral) sacrum
- Sacral torsions: L on L most common, 90%

R on R

L on R

R on L

TESTING FOR SACRAL DYSFUNCTION

- 1) Seated flexion test
- 2) Lumbar spring test
- 3) Sphinx test*
- 4) ILA position

SEATED FLEXION TEST



LUMBAR SPRING TEST



SPHINX TEST



ILA POSITION



TREATMENT SEQUENCE FOR TREATING PELVIC DYSFUNCTION WITH OMT

- 1) Treat lower thoracic and lumbar spine
- 2) Treat pubic or innominate subluxation
- 3) Treat sacroiliac dysfunction
- 4) Treat iliosacral dysfunction

OMT TO L5-MUSCLE ENERGY



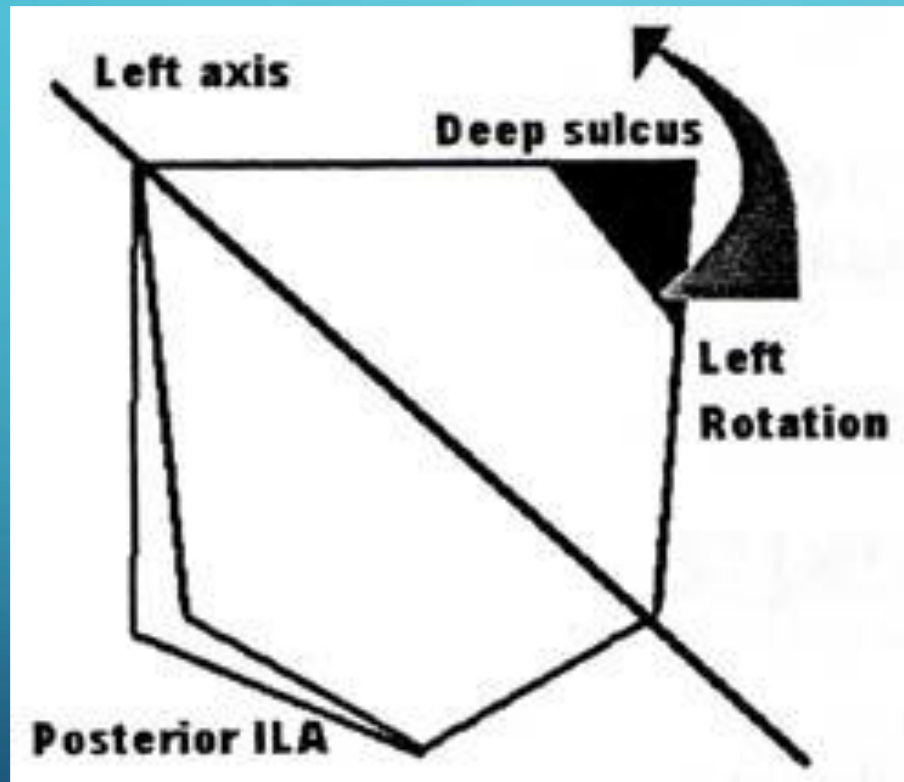
HANDS-ON OMT SESSION #1

1) Assess for pelvic disorders

- Standing/seated flexion tests
- Lumbar spring test
- Sphinx test
- ILA position
- check for pubic shear, innominate in/outflare, upslip

2) Muscle energy for lower thoracic and lumbar somatic dysfunction

ANTERIOR SACRAL TORSION DYSFUNCTION



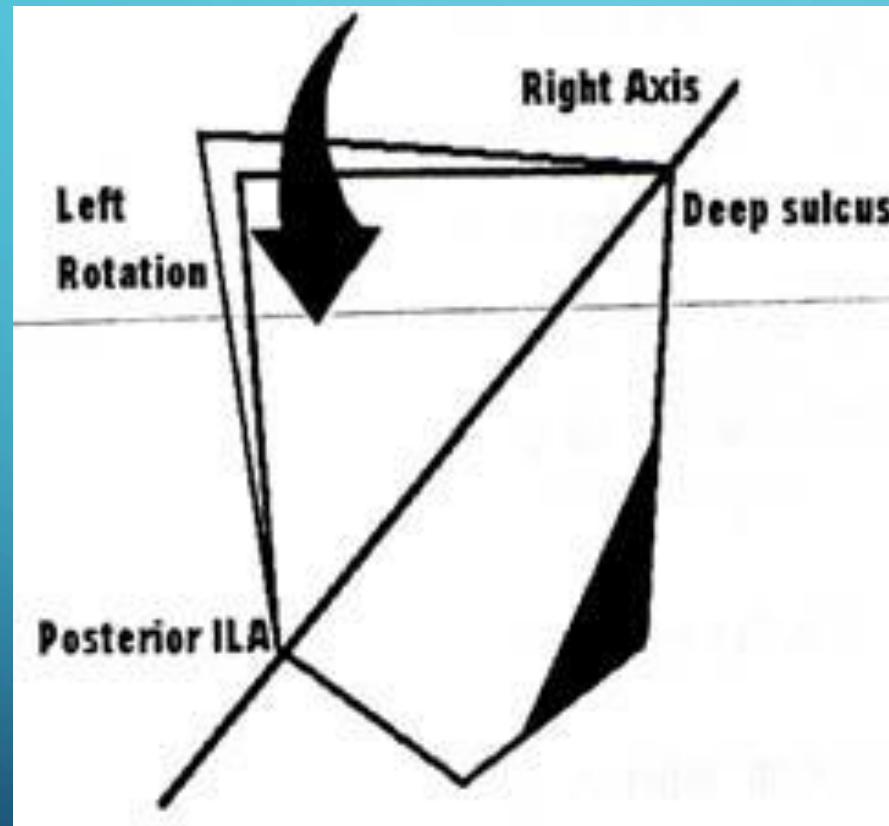
OMT TO SACRUM ANTERIOR-MUSCLE ENERGY



OU ANTERIOR SACRUM MUSCLE



POSTERIOR SACRAL TORSION DYSFUNCTION



OMT TO SACRUM POSTERIOR-HVLA



OMT TO SACRAL ILA-MUSCLE ENERGY



HANDS-ON OMT SESSION #2

Treat somatic dysfunction of sacrum

- 1) Anterior sacral torsion
- 2) Posterior sacral torsion
- 3) ILA

OMT TO ANTERIOR PELVIS-STILL



STILL ANTERIOR PELVIS 2



STILL ANTERIOR PELVIS 3



OMT TO POSTERIOR PELVIS-STILL



STILL POSTERIOR PELVIS 2



STILL POSTERIOR PELVIS 3



HANDS-ON OMT SESSION #3

Treat iliosacral somatic dysfunction

- 1) Anterior innominate
- 2) Posterior innominate

The background is a blue gradient with decorative white circuit-like lines in the corners. The top-left and bottom-left corners feature more complex, branching circuit patterns, while the top-right and bottom-right corners have simpler, more linear patterns.

THANKS!