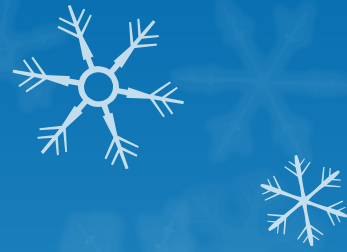


A Practical Approach to Sacroiliac Diagnosis and Treatment Using OMT

Fredrick P. Wilson, D.O.



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

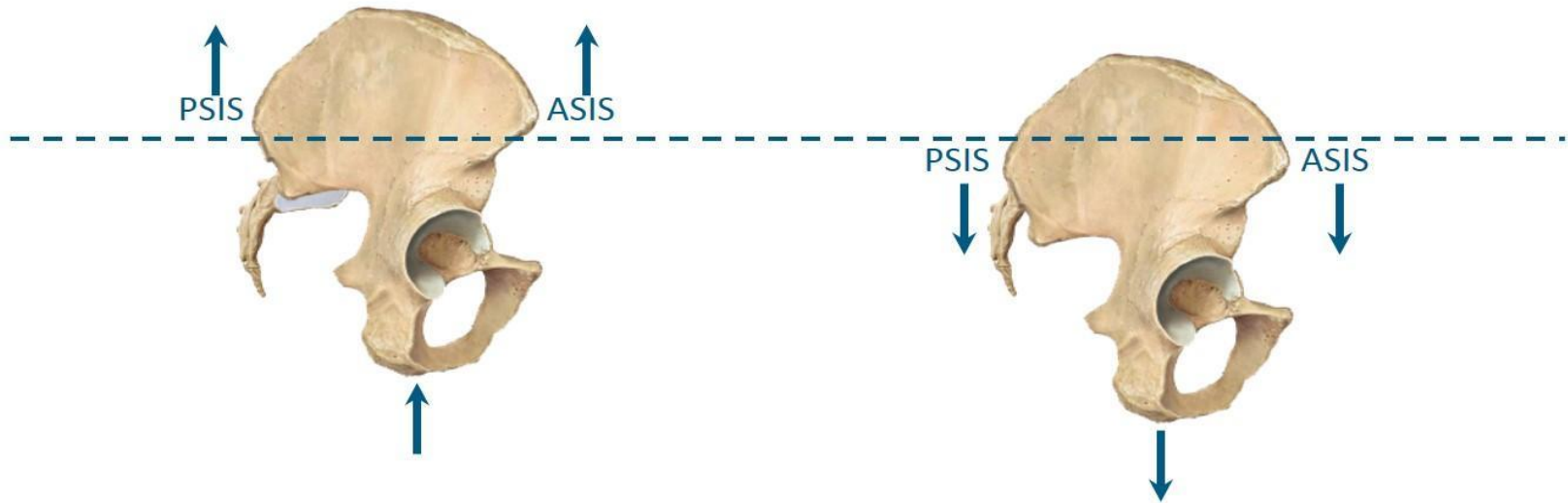


Pubic Symphyseal Subluxation (Shear)/Upslipped Innominate



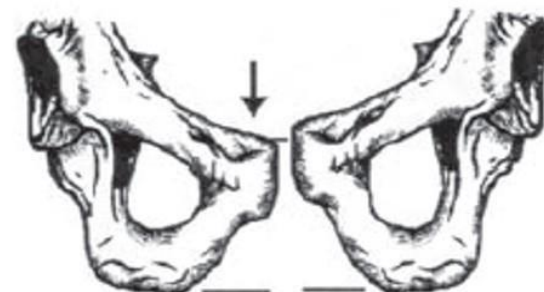
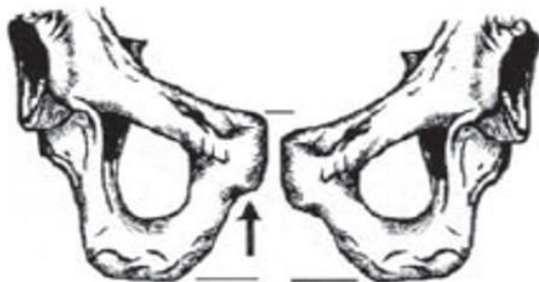
Superior Innominate Shear

Inferior Innominate Shear



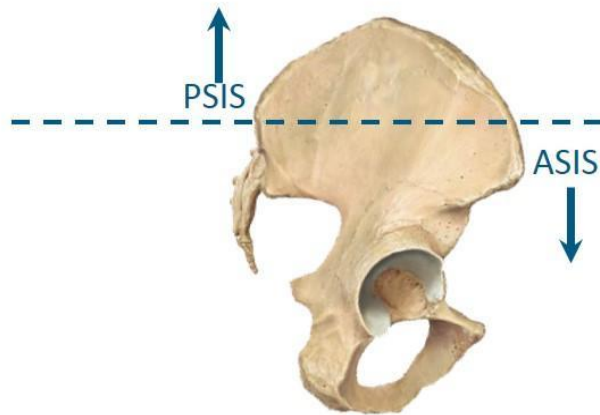
Superior Pubic Shear

Inferior Pubic Shear

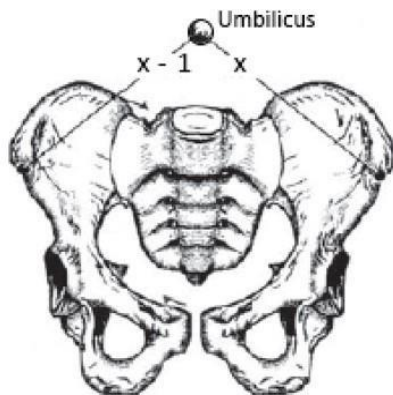


Innominate In/Outflare Iliosacral Somatic Dysfunction

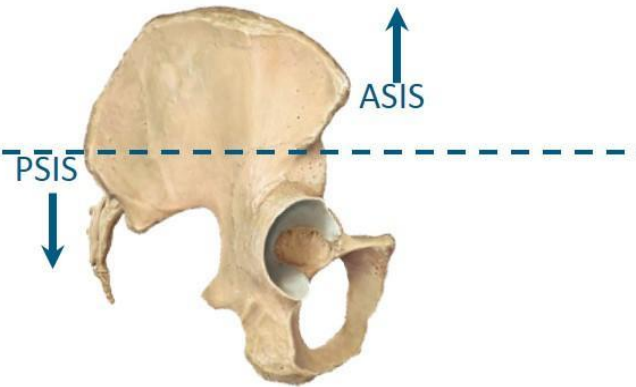
Anterior Innominate Rotation



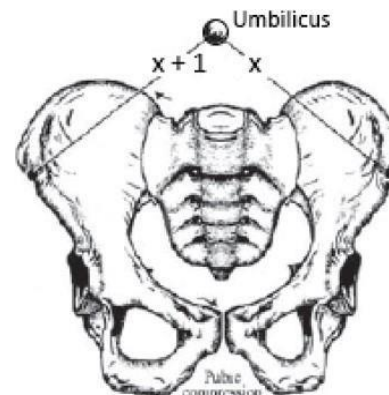
Innominate Inflare



Posterior Innominate Rotation



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

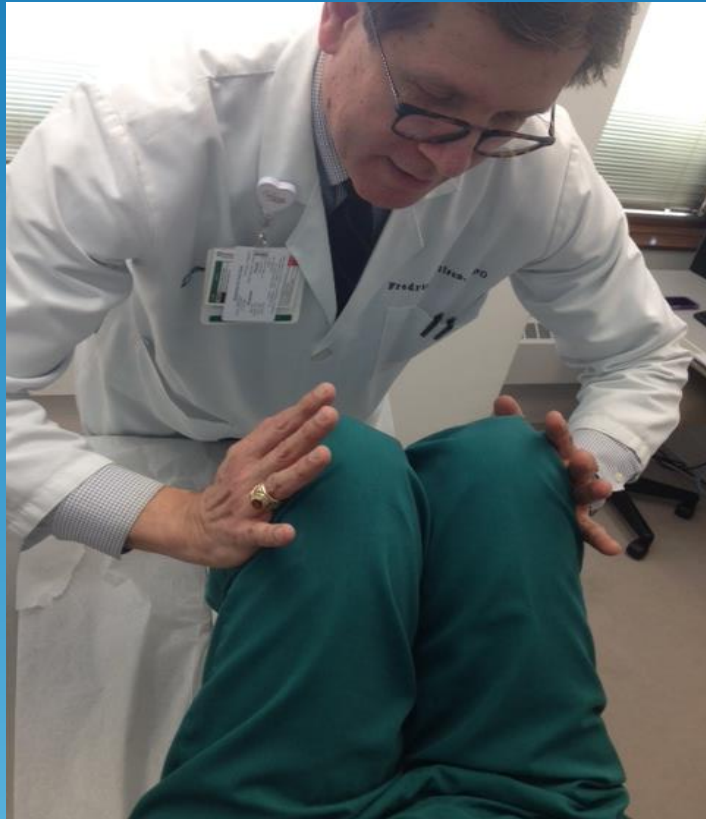
Pelvis Inflare Muscle Energy



Pelvis Outflare Muscle Energy



Pubic Shears



Upslipped Innominate







Hands-on OMT Session #2

Treat pelvic subluxations

- 1) Pelvic in/outflare
- 2) Pubic vertical shear
- 3) Upslipped innominate



Anterior Sacral Torsion Dysfunction

	Standing and Seated Flexion Test Positive Right	Standing and Seated Flexion Test Positive Left
L5 transverse process posterior		
L5 dysfunction		
Sacral axis		
Sacral sulcus		
Inferior lateral sacral angle		
Lumbar spring test	Negative	Negative
Sphinx test (asymmetry of sacral sulcus)	Decreases (less asymmetry)	Decreases (less asymmetry)
Diagnosis	Anterior torsion about a left oblique axis Left-on-left sacral torsion	Anterior torsion about a right oblique axis Right-on-right sacral torsion

OMT to Sacrum Anterior-Muscle Energy



OU Anterior Sacrum Muscle



Posterior Sacral Torsion Dysfunction

Standing and Seated Flexion Test Positive Right	Standing and Seated Flexion Test Positive Left
Positive	Positive
Increases (more asymmetry)	Increases (more asymmetry)
Posterior torsion about a left oblique axis Right-on-left sacral torsion	Posterior torsion about a right oblique axis Left-on-right sacral torsion

OMT to Sacrum Posterior-HVLA



OMT to Sacral ILA-Muscle Energy



OMT to Sacrum Bilateral Flexion Muscle Energy with Respiratory



OMT to Sacrum Bilateral Extension-Muscle Energy with Respiratory Assist



Hands-on OMT Session #3

Treat somatic dysfunction of sacrum

- 1) Anterior sacral torsion
- 2) Posterior sacral torsion
- 3) ILA
- 4) Bilateral flexed sacrum
- 5) Bilateral extended sacrum

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 #4

Treat iliosacral somatic dysfunction

- 1) Anterior innominate
- 2) Posterior innominate



Thanks!

