



Day One: Pelvic Girdle / Clinical Reasoning using the ICF

Content Summary

- Role of the International Classification of Functioning in clinical reasoning
- Pelvic girdle anatomy and evidence as it relates to examination and treatment
- Movement analysis and reeducation for standing and sitting-related activities
- Pelvic girdle clinical findings interpretation
- Manual innominate and sacroiliac treatment procedures
- Lumbopelvic and hip region exercises associated with movement reeducation and manual therapy

Knowledge to Review/Acquire Prior to Class

1. CPG Interactive Learning Module: Low Back Pain with Movement Coordination Impairments
2. CPG-related Procedure Options – Low Back Labs – Handout & Videos 5.1, 5.2, and 5.3
3. PhysioU app – Orthopaedics: Lumbar instabilities
4. PhysioU app – Exercise Patterns: Back pain with coordination deficits
Trunk & Hip/buttock abduction, external rotation, & extension strengthening exercises

Selected References

Hartvigsen J, Hancock MJ, Kongsted A, Louw Q, Ferreira ML, Genevay S, Hoy D, Karppinen J, Pransky G, Sieper J, Smeets RJ. What low back pain is and why we need to pay attention. *The Lancet*. 2018;391:2356-67.

Buchbinder R, van Tulder M, Oberg B, Costa LM, Woolf A, Schoene M, Croft P, on behalf of the Lancet Low Back Pain Series Working Group. Low Back Pain: a call for action. *The Lancet*. 2018;391:2384-88.

Foster NE, Anema JR, Cherkin D, Chou R, Cohen SP, Gross DP, Ferreira PH, Fritz JM, Koes BW. Low back pain 2 Prevention and treatment of low back pain: evidence, challenges, and promising directions. *The Lancet*. 2018;391:2368-83.

Godges JJ, Varnum DR, Sanders KM. Impairment-based examination and disability management of an elderly woman with sacroiliac region pain. *Phys Ther*. 2002;82:812-821.

Procedure Focus

Movement Analysis & Reeducation

- Standing Sagittal Plane - Superior/Inferior - Pelvic Symmetry
- Standing Sagittal Plane - Anterior/Posterior - Pelvic Symmetry
- Lateral Pelvic Movements - sitting weight shift

Examination Procedures

- March Test – Posterior and Anterior Rotation of the Innominate
- PSIS/ASIS Palpation for Symmetry
- Sacroiliac Ligament Provocation
 - Long Posterior Sacroiliac Ligament
 - Short Posterior Sacroiliac Ligament
 - Sacrotuberous Ligament

Manual Therapy

- Innominate Inferior Translation Manipulation
- Sagittal Plane Isometric Mobilization
 - Innominate Isometric Mobilization (using hip flexors/extensors)
 - Innominate Isometric Mobilization (using hip adductors/extensors)
- Posterior Innominate Rotation
- Anterior Innominate Rotation

Exercise Training

- Sagittal Plane Innominate Self-correction
- Lateral Abdominal / Hip Abductor Strengthening and Coordination Training
- Thoracolumbar Fascia and Iliacus Stretching
- Lumbar Extension and Psoas Stretching
- Trunk Flexor/Abdominal and Hip Extensor Strengthening and Coordination Training