A Practical Approach to Sacroiliac Diagnosis and Treatment Using OMT

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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
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
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

Table 10.1: Sacral Torsion Dysfunctions About an Oblique Axis

<table>
<thead>
<tr>
<th>Standing and Seated Flexion Test</th>
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<tbody>
<tr>
<td>Positive Right</td>
<td>Positive Left</td>
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</table>

- **L5 transverse process posterior**
- **L5 dysfunction**
- **Sacral axis**
- **Sacral sulcus**
- **Inferior lateral sacral angle**

### Lumbar Spring Test
- Negative

### Sphinx Test (asymmetry of sacral sulcus)
- 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

![Diagram showing standing and seated flexion test for posterior sacral torsion.](image)
OMT to Sacrum Posterior-HVLA
OMT to Sacral ILA-Muscle Energy
OMT to Sacrum Bilateral Flexion Muscle Energy with Respiratory Assist
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 Posterior Pelvis 3
Hands-on OMT Session #4

Treat iliosacral somatic dysfunction

1) Anterior innominate
2) Posterior innominate
Thanks!