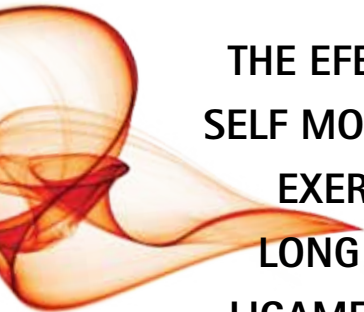


Introduction

In 1995 R.L. DonTigny introduced self-mobilizing exercises (SME) to correct counter nutated sacro-iliac (SI) joints.

He assumes that pain originates from the deep origin of the gluteus maximus muscle and the long dorsal sacroiliac ligament (LDL). The effect of self mobilizing exercises is never substantiated by scientific data.

In 2002 Vleeming et al. introduced the LDL palpation test. In this study 76% of peripartum pelvic pain patients showed tenderness of the long dorsal ligament. They assumed a relationship between a positive LDL test and counter-nutation of the SI joint.



THE EFFECT OF A SELF MOBILIZING EXERCISE ON LONG DORSAL LIGAMENT PAIN

Main question

Does a specific exercise aimed at mobilizing the SI-joint to nutation diminishes long dorsal sacroiliac ligament pain?

Methods

Patients with a positive LDL test and sufficient data (n=134) were randomly assigned to SME or placebo exercise (PE). Effect on the LDL score and pain intensity (on a visual analogue scale) were evaluated for both groups.

placebo exercise (PE)



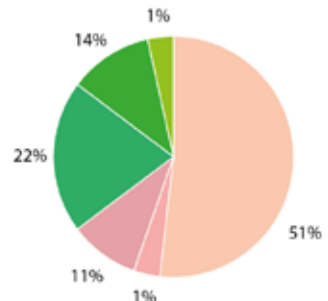
Self mobilizing exercise (SME)



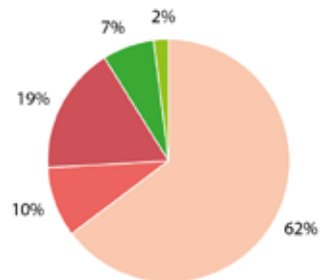
Results

- Changes in LDL test after exercise
- Positive effect 37% with SME versus 9% with PE
- Negative effect 29% with PE versus 12% with SME
- Large indifferent groups (PE 60% and SME 51%)
- VAS- Pain intensity on a visual analogue scale did not change in both groups

SME n = 74



PE n = 60



Conclusion

- The SME has a positive effect on the LDL test in some patients.
- Physiotherapists may consider using SME to diminish tenderness of the LDL.

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