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TREATMENT OF ACUTE SEVERE IRRITABLE

EXAMPLE 1

(R) LIST WITH EXTENSION PREFERENCE AT L3/4 (flexion PD)

1. Physio mobilization with hands on techniques

a. PASSIVE ACCESSORY TECHNIQUE:

Superiorly directed unilateral PA on the inferior (L4) level on the (L) TP
(push on the same side you want to side bend towards. E.G if they have a (R) list then you will do a (R)side glide or LSF

b. MWM

Patient in sitting,

Superiorly directed Unilateral PA on the inferior (L4) level of the TP on the (L) side

2. MOBILISING EXERCISE – promoting lumbar movement

a. PROMOTING EXTENSION:

- i. Prone lying
- ii. Prone on elbows
- iii. ½ push up
- iv. Abdominal stretch
- v. Legs hanging off edge of bed

b. PROMOTING SIDE FLEXION

- i. Side flexion in standing
- ii. Triangle pose
- iii. Side glide in standing against a wall
- iv. Side lying side flexion stretch – legs hanging off EOB

3. FIND IT – promoting movement into the non-PD

a. Independent lumbar extension

- i. 4pt kneeling
- ii. Crook lying
- iii. Standing

b. Independent lumbar side flexion

- i. Side glide against wall to (R)
- ii. Side glide without wall to (R)

4. CONTROL IT – controlling movement into the provocative direction = flexion

Making sure that their Lx spine doesn't move into Flexion while doing this, all movement to occur at the hips. This will strengthen the back-extensor muscles (they are firing to prevent the Lx spine moving into flexion)

FLEXION LOADING

- a. 4 pt rock back –
- b. Kneel up to kneel down
- c. Sitting forward lean
- d. Standing forward lean

HIGH LOAD FLEXION CONTROL: hanging off the edge of bed

UNILATERAL LOADING on the (R) side/ leg

- A. BKFO
- B. Side lying knee lift
- C. Side lying leg left
- D. Single leg bridge as a hold
- E. Lateral step up

HIGH LOAD SIDE FLEXION CONTROL: Side support (aka: side plank)

REMOTE – IMPROVING HIP AND THORACIC FUNCTION

5. MOBILITY – promote movement into provocative direction (flexion)

Taking flexion out of the lumbar spine and putting it into the Tx and Hip

- Posterior hip stretch (pigeon pose)
- Stride stretch
- Sitting H/S stretch

6. MUSCLE PERFORMANCE – ↑ independent capacity into the provocative direction (flexion)

- Independent hip flexion – very important
 - Standing hip flexion
 - Sitting forward lean
 - Single leg lowering in supine double leg lowering in supine

7. LOAD IT INTO FLEXION – general whole body, what we want them to do at the end and keep doing after they stop seeing the Physio

- Split squats
- Bulgarian split squat
- Loaded lung
- Half squat
- Weighted standing forward lean
- Weighted bent over row