



MANUAL CORRECTION OF ANTERIOR ROTATION DYSFUNCTION OF THE SACROILIAC JOINT

PATIENT IS SUPINE WITH HIPS AND KNEES FLEXED

OPERATOR STANDS TO THE RIGHT OF THE PATIENT.

OPERATOR REACHES UNDER THE RIGHT LEG OF THE PATIENT AND PLACES HIS/HER LEFT HAND ON THE FRONT OF THE LEFT KNEE OF THE PATIENT.

OPERATOR HOLDS DOWN ON THE RIGHT LEG OF THE PATIENT WITH HIS/HER RIGHT HAND WITH JUST ENOUGH PRESSURE TO PREVENT THAT LEG FROM STRAIGHTENING.

OPERATOR NOW PUSHES DOWN ON THE LEFT KNEE WITH HIS LEFT HAND AND THAT AS A FULCRUM PULLS UP BEHIND THE RIGHT KNEE WITH HIS LEFT FOREARM TO PUT TRACTION ON THE RIGHT UPPER LEG. THIS TRACTION PULLS THE BACK OF THE PELVIS DOWN ON THE SACRUM TO CORRECT SIJD

OSCILLATE THE TRACTION EASILY AT FIRST WITH INCREASING PULL GRADUALLY TO A VERY STRONG TRACTION.

OPERATOR MOVES TO THE LEFT SIDE OF THE PATIENT AND REPEATS THE PROCEDURE ON THAT SIDE.

OPERATOR THEN MOVES BACK TO THE RIGHT SIDE AND REPEATS THE PROCEDURE. THEN LEFT AGAIN. THEN RIGHT AGAIN, ETC. AT LEAST FOUR OR FIVE TIMES ON EACH SIDE. ALLOW THE PATIENT TO REST FOR 20 TO 30 MINUTES AFTER CORRECTION.

YOU MAY REPEAT THIS TWO TO THREE TIMES A DAY AND DO IT ESPECIALLY AT NIGHT WHEN GOING TO BED.