

sij mobility exercises

Unlocking Your Potential: A Comprehensive Guide to SIJ Mobility Exercises

sij mobility exercises are crucial for individuals experiencing lower back pain, hip stiffness, or restricted movement. The sacroiliac (SI) joint, a critical link between the pelvis and the spine, plays a pivotal role in weight distribution and shock absorption. When this joint becomes stiff or unstable, it can lead to significant discomfort and functional limitations. This comprehensive guide will delve into the anatomy of the SI joint, the common causes of SI joint dysfunction, and a detailed exploration of various effective SIJ mobility exercises designed to restore flexibility, strength, and proper biomechanics. We will cover the benefits of targeted mobility work, how to perform key exercises safely, and advice on integrating these movements into a regular routine for lasting relief and improved physical performance. Understanding the nuances of SI joint health is the first step towards reclaiming your comfort and enhancing your daily activities.

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Understanding the Sacroiliac (SI) Joint

The sacroiliac joint, often abbreviated as the SI joint, is a complex anatomical structure located at the base of the spine. It is formed by the sacrum, a triangular bone at the posterior of the pelvis, and the ilium, the largest bone of the pelvis. These two bones are joined by strong ligaments, forming a joint that is designed for stability rather than extensive movement. While often described as a "synovial joint," its range of motion is quite limited, typically only a few degrees of gliding and rotation. This limited mobility is precisely what allows it to effectively transfer weight from the upper body to the lower extremities and absorb the shock of activities like walking, running, and jumping.

The SI joint's primary function is to provide a stable connection between the axial skeleton (spine) and the appendicular skeleton (legs). Its inherent stability is maintained by a robust network of ligaments, including the anterior, posterior, and interosseous sacroiliac ligaments. These ligaments, along with the surrounding muscles of the hips and core, work synergistically to limit excessive movement and prevent shearing forces from damaging the lumbar spine. Dysfunction in the SI joint can arise from imbalances in these supporting structures, leading to pain and altered movement patterns.

Common Causes of SI Joint Dysfunction

Several factors can contribute to SI joint dysfunction, leading to pain and restricted mobility. One of the most common culprits is mechanical stress, often stemming from repetitive movements, heavy lifting, or sudden awkward motions that overload the joint. Trauma, such as a fall or direct impact to the hip or lower back, can also directly injure the SI joint or its supporting ligaments, leading to instability or inflammation.

Biomechanical imbalances play a significant role. Unequal leg length, for instance, can create asymmetrical forces on the SI joint, forcing it to compensate and potentially leading to strain. Muscle imbalances are another major contributor; weak gluteal muscles or tight hip flexors can alter pelvic alignment and put undue pressure on the SI joint. Pregnancy is a frequent cause of SI joint issues due to hormonal changes that loosen ligaments, increasing joint laxity and susceptibility to misalignment. Furthermore, conditions like osteoarthritis can affect the cartilage within the SI joint, leading to pain and stiffness, while inflammatory conditions such as ankylosing spondylitis can cause significant inflammation and fusion of the SI joints.

Benefits of SIJ Mobility Exercises

Engaging in targeted SIJ mobility exercises offers a multitude of benefits for individuals suffering from SI joint pain and dysfunction. Primarily, these exercises aim to restore proper movement patterns within the SI joint, thereby reducing stiffness and improving the joint's natural gliding and rotational capabilities. By increasing flexibility in the surrounding muscles, such as the hips, glutes, and lower back, these exercises can alleviate the compensatory tightness that often accompanies SI joint issues.

Furthermore, a well-rounded SIJ mobility routine can significantly enhance stability. Many exercises focus on strengthening the muscles that support the SI joint, including the deep core muscles and the gluteus medius. This improved muscular support helps to control excessive movement and prevent future episodes of pain or instability. For athletes and active individuals, enhanced SI joint mobility and stability translate to improved athletic performance, better force transfer during movements, and a reduced risk of injury. Ultimately, consistent practice of SIJ mobility exercises can lead to a substantial reduction in lower back and hip pain, restoring comfort and functionality to everyday life.

Key SIJ Mobility Exercises Explained

Several specific exercises are highly effective for improving SI joint mobility and reducing pain. These movements focus on gentle mobilization of the joint and stretching of the surrounding musculature. It's crucial to perform these exercises with proper form and to listen to your body, avoiding any movements that cause sharp pain.

Knee-to-Chest Stretch (Single Leg)

This exercise is excellent for gently mobilizing the SI joint and stretching the glutes and lower back. Lie on your back with your knees bent and feet flat on the floor. Gently draw one knee towards your chest, using your hands to assist. Hold for 20-30 seconds, feeling a stretch in your hip and lower back. Ensure your other foot remains flat on the floor or your knee is bent. Repeat on the other side and perform 2-3 repetitions per leg.

Pelvic Tilts

Pelvic tilts are fundamental for learning to control the pelvic girdle and can help to subtly mobilize the SI joints. Lie on your back with your knees bent and feet flat on the floor. Flatten your lower back against the floor by tightening your abdominal muscles and gently tilting your pelvis upward. You should feel your glutes slightly engage. Hold this position for a few seconds, then relax, allowing your lower back to arch slightly. This is a subtle movement, focusing on control rather than extreme range. Perform 10-15 repetitions.

Figure-Four Stretch

This stretch is particularly effective for targeting the piriformis muscle and improving external hip rotation, which can be beneficial for SI joint health. Lie on your back with your knees bent and feet flat on the floor. Cross one ankle over the opposite knee, creating a "figure four" shape. If comfortable, gently draw the bent knee towards your chest until you feel a stretch in the glute of the crossed leg. Hold for 20-30 seconds. Repeat on the other side. Perform 2-3 repetitions per side.

Cat-Cow Stretch

The Cat-Cow stretch is a dynamic yoga pose that promotes spinal mobility and can help to gently mobilize the SI joints through coordinated movements of the spine and pelvis. Start on your hands and knees, with your wrists directly under your shoulders and your knees directly under your hips. As you inhale, drop your belly towards the floor, arch your back, and lift your head and tailbone (Cow pose). As you exhale, round your spine towards the ceiling, tucking your chin to your chest and drawing your navel towards your spine (Cat pose). Move slowly and fluidly between the two poses for 5-10 repetitions.

Bridge Pose

The bridge pose strengthens the glutes and hamstrings, which are crucial for supporting the SI joint, while also promoting hip extension. Lie on your back with your knees bent, feet flat on the floor hip-width apart, and arms by your sides. Engage your glutes and lift your hips off the floor until your body forms a straight line from your shoulders to your knees. Hold for a few seconds, focusing on

squeezing your glutes. Slowly lower back down. Perform 10-15 repetitions.

Integrating SIJ Mobility Exercises into Your Routine

Incorporating SIJ mobility exercises into your daily or weekly routine is key to achieving long-term relief and improved function. Consistency is more important than intensity. Aim to perform a selection of these exercises at least 3-5 times per week. Many of these movements can be easily integrated into your warm-up or cool-down routines for other workouts, or performed as a standalone session.

Consider dedicating a few minutes each morning to pelvic tilts and gentle stretches like the knee-to-chest. Before or after activities that tend to aggravate your SI joint, such as prolonged sitting or walking, perform exercises like the figure-four stretch and bridge pose. If you have a desk job, short breaks every hour to perform pelvic tilts or a quick Cat-Cow can prevent stiffness from setting in. For a more comprehensive approach, schedule a longer session 1-2 times a week that includes a broader range of SIJ mobility exercises, focusing on both stretching and strengthening.

Precautions and When to Seek Professional Help

While SIJ mobility exercises are generally safe and beneficial, it's crucial to approach them with caution and an awareness of your body's signals. Always start with gentle movements and gradually increase the intensity or duration as your flexibility and strength improve. If you experience any sharp, shooting, or significantly increased pain during an exercise, stop immediately. It's important to differentiate between the mild discomfort of stretching a tight muscle and pain that indicates a potential injury or exacerbation of your condition.

If your SI joint pain is severe, persistent, or accompanied by other concerning symptoms such as numbness, tingling, or weakness in the legs, it is essential to consult a healthcare professional. This could include a doctor, physical therapist, or chiropractor. They can accurately diagnose the cause of your SI joint dysfunction and create a personalized treatment plan. A physical therapist can also guide you on proper exercise form and progression, ensuring you are performing SIJ mobility exercises safely and effectively, and may recommend additional therapeutic interventions tailored to your specific needs.

FAQ

Q: How often should I perform SIJ mobility exercises for best results?

A: For optimal results, aim to perform a selection of SIJ mobility exercises at least 3-5 times per week. Consistency is more impactful than infrequent, intense sessions. Integrating them into your daily routine, such as during morning stretches or before/after workouts, can also be highly

effective.

Q: Can SIJ mobility exercises help with sciatica symptoms?

A: Yes, SIJ mobility exercises can sometimes help alleviate sciatica symptoms, particularly if the sciatica is caused or exacerbated by SI joint dysfunction or related muscle tightness (like piriformis syndrome). By improving SI joint alignment and reducing inflammation in surrounding muscles, these exercises can decompress the nerves that may be contributing to sciatic pain.

Q: What is the difference between SI joint mobility and stability exercises?

A: Mobility exercises focus on increasing the range of motion in the SI joint and surrounding tissues, reducing stiffness, and improving gliding. Stability exercises, on the other hand, focus on strengthening the muscles that support the SI joint, such as the glutes and core, to prevent excessive movement and improve control. A comprehensive program often includes both.

Q: Is it normal to feel some discomfort when doing SIJ mobility exercises?

A: It is normal to feel a mild stretching sensation or a slight discomfort as you work through tight muscles or mobilize a stiff joint. However, sharp, shooting, or significantly increased pain is not normal and indicates you should stop the exercise. Listen to your body and avoid pushing into severe pain.

Q: How long does it typically take to see improvement from SIJ mobility exercises?

A: The timeframe for seeing improvements can vary greatly depending on the severity of the SI joint dysfunction, the individual's consistency with the exercises, and overall health. Some individuals may notice a reduction in pain and stiffness within a few weeks, while others might take several months of consistent practice to achieve significant and lasting benefits.

Q: Can I do SIJ mobility exercises if I have had previous SI joint surgery?

A: If you have had SI joint surgery, it is crucial to consult with your surgeon or a qualified physical therapist before starting any new exercise program, including SIJ mobility exercises. They can provide specific guidance based on your surgical procedure and recovery stage to ensure your safety and optimize your rehabilitation.

Q: Are there any specific SIJ mobility exercises that are particularly good for runners?

A: For runners, exercises that focus on hip flexibility, glute activation, and gentle SI joint mobilization are highly beneficial. The figure-four stretch, bridge pose, and dynamic stretches like the Cat-Cow can help prepare the hips and SI joints for the demands of running. Focusing on controlled movements and proper form is key to preventing imbalances.

Q: Should I warm up before doing SIJ mobility exercises?

A: For dynamic mobility exercises like the Cat-Cow, a light warm-up might not be strictly necessary as the movement itself can serve as a warm-up. However, for static stretches like the knee-to-chest or figure-four, performing them after a brief light warm-up (e.g., 5 minutes of gentle walking or cycling) can be more comfortable and effective, as your muscles will be more pliable.

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evaluation and management of patients with spinal pain.

sij mobility exercises: The Comprehensive Manual of Therapeutic Exercises Elizabeth Bryan, 2024-06-01 Therapeutic exercises can be found spread out amongst numerous texts, handouts, card boxes, and websites, which has sent clinicians, practitioners, and trainers searching for reliable, evidence-based exercises for the entire body, all packaged into a single, all-inclusive manual. To that end, *The Comprehensive Manual of Therapeutic Exercises: Orthopedic and General Conditions* was written as a fundamental resource on exercise theory and techniques, and as a comprehensive guide for designing exercise programs. Dr. Elizabeth Bryan has compiled thousands of clinically relevant exercises to create a text that will teach students theory and proper application that they will then return to again and again in their career as a reference to aid in designing evidence-based exercise programs for their clients or patients. Introductory chapters cover exercise parameters, exercise progression, the importance of form, muscle soreness, and a reference for body position terminology, then subsequent chapters are organized by body area to cover most of the clinical exercises in use today. Each exercise includes photographs, a list of muscle systems that will be affected, specific substitutions to look for, and detailed instructions directed at students and clinicians. Also included are sections devoted to protocols and specialty exercises including yoga and tai chi. Embracing the principles of evidence-based practice, “Where’s the Evidence?” boxes are prominently featured throughout the text to support the exercises and theory with up-to-date, relevant, sufficient, valid, and reliable studies. Combining theory with practice, *The Comprehensive Manual of Therapeutic Exercises: Orthopedic and General Conditions* is an essential tool for students as well as clinicians, practitioners, or trainers to find the most appropriate exercises for their client’s or patient’s needs and apply them properly.

sij mobility exercises: Pelvic Mobility Tessa Kwan, AI, 2025-03-17 Pelvic Mobility unveils the vital connection between a flexible pelvic region and overall health, often neglected in mainstream fitness. The book explores how limited pelvic mobility can contribute to lower back pain, hip pain, and challenges with core stability, impacting even reproductive health. Intriguingly, the pelvis, often viewed separately, is integral to movement, posture, and physiological processes. By understanding pelvic anatomy and biomechanics, readers can unlock the potential for improved well-being. The book guides readers through understanding pelvic anatomy, the impact of restricted mobility, and targeted mobility exercises designed to enhance pelvic function. Step-by-step instructions and modifications cater to various fitness levels, empowering individuals to take control. The book highlights the interconnectedness of the pelvis with the spine, hips, and respiratory system, emphasizing a holistic approach to fitness and functional movement. The core message revolves around improving reproductive function, relieving pain, and enhancing core stability through accessible exercises. The book progresses from foundational knowledge of pelvic anatomy to practical exercise routines, culminating in strategies for integrating these practices into daily life. This approach empowers readers to proactively address common health concerns, offering a valuable resource for those seeking to improve their pelvic health and overall well-being through simple, effective mobility exercises.

sij mobility exercises: Sacroiliac Joint Dysfunction and Piriformis Syndrome Paula Clayton, 2016-09-20 This complete guide to treating patients with sacroiliac joint dysfunction, or piriformis syndrome, combines multiple techniques—rather than the usual single approach—to get quicker and more resilient results. Focusing on the practical application of skills acquired in twenty years of treating elite athletes, Paula Clayton provides a comprehensive guide to the latest discussions of the therapeutic handling of fascial tissue, dry needling, instrument-assisted soft-tissue manipulation, and dynamic taping. Presenting material formerly unavailable in one volume, this book provides evidence-based information on fundamental principles that enable practitioners to map approaches to dysfunction and injury before attempting hands-on treatments. Superbly designed for ease of use and supported with full-color illustrations that clarify and complement the text, this book puts decades of experience and research at readers' fingertips, expanding their ability to both improve their practice and educate their patients.

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sjj mobility exercises: *Integrative Medicine, An Issue of Veterinary Clinics of North America: Equine Practice*, E-Book Kevin K. Haussler, 2022-11-07 In this issue of *Veterinary Clinics: Equine Practice*, guest editor Kevin K. Haussler brings his considerable expertise to the topic of Integrative Medicine. - Provides in-depth reviews on the latest updates in Integrative Medicine, providing actionable insights for veterinary practice. - Presents the latest information on this timely, focused topic under the leadership of experienced editors in the field; Authors synthesize and distill the latest research and practice guidelines to create these timely topic-based reviews.

sjj mobility exercises: *Manual Physical Therapy of the Spine* - E-Book Kenneth A. Olson, 2021-09-23 ****Selected for Doody's Core Titles® 2024 in Physical Therapy**** Build your skills in examination and manual therapy treatment techniques! *Manual Physical Therapy of the Spine*, 3rd Edition provides evidence-based guidelines to manipulation, evaluation, and treatment procedures of the spine and temporomandibular joint. A perfect blend of theory and practice, this text uses an impairment-based approach in showing how to reach an accurate diagnosis and develop an effective plan of care. The book's photos and drawings — along with some 200 videos — demonstrate examination and manipulation procedures, including therapist hand placement, applied direction of force, and patient positioning. Written by clinician and educator Kenneth Olson, this comprehensive resource will help you improve your clinical reasoning and provide successful outcomes. - Approximately 200 video clips teach the skills needed to effectively implement evidence-based treatment recommendations related to manual therapy, manipulation, and therapeutic exercise. - Descriptions of manual therapy techniques include evidence-based coverage of the examination and treatment of spine and TMJ disorders, along with discussions of alternative treatment methods and potential adverse effects and contraindications to manipulation. - Guidelines for completing a comprehensive spinal examination include medical screening, the patient interview, disability assessment, and tests and measures, along with an evaluation of the examination findings and the principles involved in arriving at a diagnosis and plan of care. - Impairment-based manual physical

therapy approach includes a review of the evidence to support its use in evaluating and treating spinal and TMJ conditions. - Full-color photographs show procedures from multiple angles, illustrating hand and body placement and direction of force. - Case studies demonstrate the clinical reasoning used in manual physical therapy. - Clear, consistent format for explaining techniques makes this reference easy to use in the classroom and in the clinical setting. - Guide to Physical Therapist Practice terminology is used throughout the book for consistency and for easier understanding. - Expert author Ken Olson is a highly respected international authority on the subject of spinal manipulation in physical therapy.

sjj mobility exercises: *Surgery for the Painful, Dysfunctional Sacroiliac Joint* Bruce E. Dall, Sonia V. Eden, Michael D. Rahl, 2014-11-10 Filling a significant knowledge gap, this book brings the latest information to the evaluation and treatment of patients with a dysfunctional sacroiliac (SI) joint. Beginning with an overview of current anatomical knowledge and the role of pain and surgery, diagnosis and treatment approaches are carefully presented as individual chapters - featuring the origin of each surgical approach, the approach itself, its literary foundation, and overall available results. The final emphasis of the book is on post-operative concerns - including complications, bracing options, rehabilitation and managing patient expectations. Spine surgeons, physical therapists, and other professionals who treat the SI joint will find *Surgery for the Painful, Dysfunctional Sacroiliac Joint* to be an invaluable resource.

sjj mobility exercises: Science, Theory and Clinical Application in Orthopaedic Manual Physical Therapy: Scientific Therapeutic Exercise Progressions (STEP): The Back and Lower Extremity Ola Grimsby, Jim Rivard, 2009-03-04 This long awaited textbook, and its companion texts, from The Ola Grimsby Institute provide decades of clinical experience and reasoning, with both historical and current evidence, with rationale for active treatments in orthopaedic manual therapy. Practical guidelines for exercise rehabilitation are presented with this logical and exciting work. Incorporating experience and science, this book provides new approaches and treatment principles to make what you already do more effective. Extensive Content: Over 388 pages and 725 illustrations, photographs and tables Ola Grimsby and his co-authors have compiled a significant resource for the practicing physical therapist and manual therapist. Ideal for both the classroom and clinic.

sjj mobility exercises: Joint Mobility Guide Felicia Dunbar, AI, 2025-03-14 Joint Mobility Guide explores the critical link between joint health, exercise, and overall well-being. It reveals how age and lifestyle impact joint function, leading to issues like osteoarthritis and sports injuries, while emphasizing proactive strategies to maintain pain-free movement. Did you know that compromised joint health can significantly decrease mobility and reduce your quality of life? This book helps readers understand the biomechanics of joints and how targeted exercises can improve flexibility and strength, irrespective of age. The book progresses from basic joint anatomy to the effects of aging and specific exercise protocols. It offers step-by-step instructions, modifications for various fitness levels, and safety precautions, culminating in practical guidelines for incorporating exercises into daily routines and advice on nutrition. What sets this guide apart is its holistic approach, combining scientific knowledge with actionable advice, empowering readers to take control of their joint health through exercise and lifestyle modifications.

sjj mobility exercises: Manual Physical Therapy of the Spine Kenneth A. Olson, 2009 A hands-on, how-to approach helps you learn techniques and clinical problem-solving skills for treating spine and TMJ disorders! Written by a well-known authority on the subject of spinal manipulation in physical therapy, this book provides the information you need to make sound decisions during clinical interventions. An evidence-based impairment classification approach helps you provide the best outcomes for your patients. A companion DVD includes video clips demonstrating spinal examination and manipulation procedures. Specifically for physical therapists dedicated to spinal manipulation! Complete coverage meets the core curriculum needs of physical therapy students, and provides an excellent self-study tool for clinicians wanting to enhance their practice. Detailed information on treatment strategies and techniques includes evidence-based coverage of the

examination and treatment of spine and TMJ disorders, with an emphasis on integration of manipulation and therapeutic exercise. A framework for completing a comprehensive exam includes medical screening, patient interview, disability assessment, and tests and measures, along with an evaluation of the examination findings and the principles involved in arriving at a diagnosis and plan of care. Narrated video clips on a companion DVD include step-by-step instructions of each procedure, plus a unique 3-dimensional perspective of over 80 spinal manipulations and procedures (frontal, lateral, and cranial views). A DVD icon in the book links the text discussion to the DVD. Case studies demonstrate the clinical reasoning used in manual physical therapy. Guide to Physical Therapist Practice terminology is used throughout the book, making the content easier to understand and promoting conformity in terminology. Clear photographs show essential concepts and procedures from multiple angles, illustrating hand and body placement and direction of force. A clear, consistent format makes this a convenient reference in the clinical setting. Lay-flat binding allows the text to lay open for ease of use.

sij mobility exercises: Maitland's Vertebral Manipulation Elly Hengeveld, Kevin Banks, 2013-08-22 The legacy of Geoff Maitland and his seminal work, *Vertebral Manipulation*, continues in this eighth edition, with Elly Hengeveld and Kevin Banks leading an international team of experts who demonstrate how to manage vertebral neuromusculoskeletal disorders using the principles and practice of the Maitland Concept. Together, they ensure the heart of the Concept beats on by promoting collaborative decision-making with the patient at centre and emphasizing the art and science of observation, listening, palpation and movement skills. A key feature of the new edition focuses on a more evidence-based and analytical view of the role of mobilization and manipulation in clinical practice. The authors have written in a way that reflects their application of the Maitland Concept and how they have integrated techniques in the light of advancement in professional knowledge. Each chapter stands alone as a 'master class'. The text is systematically arranged focusing on detailed assessment, clinical reasoning and re-assessment to determine the physical dysfunction and efficacy of manipulative physiotherapy techniques, while also advocating continuous communication and interaction. Techniques of passive mobilization are also described, specifically designed around the individual patient's condition. All the chapters are written from a clinical perspective and review the evidence which informs how to deal with and manage spinal and pelvic pain as they present to the practitioner. Furthermore, each vertebral region (cervical, thoracic, lumbar, sacroiliac/pelvic) is considered from the point of view of best practice in analysing and hypothesising subjective data, examination, treatment and management of spinal pain conditions. Brand new to the eighth edition is the addition of a companion website - Maitland's Manipulation eResources (www.maitlandsresources.com) - providing access to a range of valuable learning materials which include videos, MCQs, interactive case studies, research links, and bonus chapters - World-leading experts provide evidence relating the Maitland Concept to clinical practice - Evidence supporting practice - Covers both subjective and physical examination - Best practice management using mobilization and manipulation - Case studies - how and when to integrate the Maitland Concept into clinical practice - Chapter-based learning outcomes, keywords and glossaries - Companion website - Maitland's Manipulation eResources (www.maitlandsresources.com) - Expert perspectives and supporting evidence - Case studies - Companion website - www.maitlandsresources.com - containing: - Video Bank of over 480 video clips showing examination and treatment techniques - Image Bank of over 1,000 illustrations - Interactive case studies - Over 200 MCQs - Bonus chapters on additional principles and techniques of examination / treatment - Weblink references to abstracts

sij mobility exercises: Therapeutic Exercise Michael Higgins, 2011-04-19 Here's the text that builds a strong foundation in the science of sports medicine, and teaches you to apply that knowledge to the planning, development, and implementation of therapeutic exercise programs for specific dysfunctions for all joints of the body. You'll begin with an introduction to the science behind rehabilitation and the application of specific techniques. Then, for each joint, guided decision-making, chapter-specific case studies, lab activities and skill performance help you meet all

of the competencies for therapeutic exercise required by the NATA.

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sij mobility exercises: Clinical Application of Neuromuscular Techniques, Volume 2
E-Book Leon Chaitow, Judith DeLany, 2011-07-05 Clinical Application of Neuromuscular Techniques, Volume 2 - The Lower Body discusses the theory and practice of the manual treatment of chronic pain, especially with regards to the soft tissues of the lower body. Authored by experts of international renown, this highly successful book provides a structural review of each region, including ligaments and functional anatomy, and includes step-by-step protocols that address each muscle of a region. The volume now comes with an EVOLVE site for instructors who can download the full text and images for teaching purposes. - Provides a comprehensive 'one-stop' volume on the treatment of somatic pain and dysfunction - Designed and written to meet the needs of those working with neuromuscular dysfunction in a variety of professions - All muscles covered from the perspective of assessment and treatment of myofascial pain - Describes normal anatomy and physiology as well as the associated dysfunction - Gives indications for treatments and guidance on making the appropriate treatment choice for each patient - Combines NMT, MET, PR and much more to give a variety of treatment options for each case - Describes the different NMT techniques in relation to the joint anatomy involved - Practical step-by-step descriptions provided to make usage easy - Includes acupuncture, hydrotherapies and nutritional support as well as guidance for the patient in the use of self-help approaches - Contains up-to-date evidence based content - Presents the latest research findings underpinning the practice of NMT methodology from differing areas of practice - Presents the increasingly refined ways of using the variety of MET methods to allow the reader to safely apply them in a variety of settings - Includes access to new video clips presenting practical examples of the NMTs explored in the book

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sij mobility exercises: Manual Therapy for Musculoskeletal Pain Syndromes Cesar Fernandez de las Penas, Joshua Cleland, Jan Dommerholt, 2015-04-28 A pioneering, one-stop manual which harvests the best proven approaches from physiotherapy research and practice to assist the busy clinician in real-life screening, diagnosis and management of patients with musculoskeletal pain across the whole body. Led by an experienced editorial team, the chapter authors have integrated both their clinical experience and expertise with reasoning based on a neurophysiologic rationale with the most updated evidence. The textbook is divided into eleven sections, covering the top evidence-informed techniques in massage, trigger points, neural muscle energy, manipulations, dry needling, myofascial release, therapeutic exercise and psychological approaches. In the General Introduction, several authors review the epidemiology of upper and lower extremity pain syndromes and the process of taking a comprehensive history in patients affected by pain. In Chapter 5, the basic principles of the physical examination are covered, while Chapter 6 places the field of manual therapy within the context of contemporary pain neurosciences and therapeutic neuroscience education. For the remaining sections, the textbook alternates between the upper and lower quadrants. Sections 2 and 3 provide state-of-the-art updates on mechanical neck pain, whiplash, thoracic outlet syndrome, myelopathy, radiculopathy, peri-partum pelvic pain, joint mobilizations and manipulations and therapeutic exercises, among others. Sections 4 to 9 review pertinent and

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