

Bread and Butter Back Pain Workshop

1. Screen for Red Flag History

- Possible fracture
 - trauma
 - fall
 - lifting
- Possible tumor / infection
 - <20 or >50 years old
 - carcinoma history
 - constitutional symptoms
 - infection risk (immunocompromised)
 - pain worse supine, at night
- Possible cauda equina syndrome
 - Saddle anesthesia
 - Incontinence / retention / frequency
 - Severe / progressive neurological deficits LE
 - Loss of anal tone and sensation
 - Weak quads, ankle flexion, foot drop

2. Physical exam for neurological deficits/TART

	L4	L5	S1
Reflex	Patellar	None	Achilles
Motor	Tibialis Anterior Dorsiflexes foot	Extensor Hallicus Longus Dorsiflexes big toe	Peroneus* longus / brevis Everts foot/weakly plantar flexes ankle
Sensory	Medial foot	Dorsal foot	Lateral foot /heel

3. Lateralize the pelvis: Standing flexion, Seated flexion, Pelvic rock

4. Rule of 3s in Muscle Energy (ME)

- 3 pounds of resistance
- 3 seconds duration
- 3 seconds relaxation
- 3 repetitions

Always reassess after treatment for improvements in motion / TART.

5. PIRIFORMIS

Testing for Piriformis Dysfunction: internally rotate feet

Muscle Energy Treatment for Piriformis: bent knee, internal rotation; pt pushes laterally

6. PSOAS

Testing for Psoas Dysfunction: extension at hip [prone, supine, lateral]

Muscle Energy Treatment for Psoas: extend leg, pt pushes forward

7. INNOMINATE

Testing for Innominate Dysfunction

Leg pull for superior shear- level with table: abducted and internally rotated

Leg pull for anterior innominate; 24-36 inches off table

Leg pull for posterior innominate: 0-12 inches off table

Lateral Recumbent Muscle energy [or thrust] for posterior innominate- thrust on iliac crest toward umbilicus- up close technique

Lateral Recumbent Muscle energy [or thrust] for anterior innominate- thrust on ischeal tuberosity aiming down the leg

8. LUMBAR

Simple LS dysfunction testing

Soft tissue treatment: wringing out cloth

Lumbar roll Treatment: wringing out cloth- muscle energy or thrust over acetabulum to mobilize pelvis from lumbar spine

