

## **SIDE GLIDE DYSFUNCTION OF THE LUMBOPELVIC REGION**

A loss of active or passive side glide to the lumbopelvic region can be detrimental to realizing the full rehabilitation potential. It is a direction of movement that is often ignored. This pattern should be tested whenever other patterns are resolved, whether they are individual or group dysfunctions. I would never consider any strain pattern resolved without testing for this pattern as it can perpetuate recurrence.



### **TESTING ACTIVE SIDE GLIDE OF THE PELVIS**

Client is supine. Push the lateral pelvis to the opposite side till the slack is taken out and push with an additional moderate force to assess mobility.



### **SELF-TREATMENT FOR LUMBOPELVIC SIDE GLIDE DYSFUNCTION**

Patient Position: Sidelying with pillows under the pelvis. The hips and knees may be flexed to enhance comfort.

Treatment: A gentle, prolonged, passive stretch is performed for up to 5 minutes.

Retest: Retest with spring test in supine.

Home Program: 1x day x1 week, 1x week thereafter. Teach ITB, TFL stretching if tight.