

Sifting The Evidence And 'Seeing' The Patient In Front Of You: Examining The 'Fundamental Patterns' Of Spino-Pelvic Control In Health And In Dysfunction

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Introduction

The challenge for the busy clinician is to both distil and appropriately integrate the increasingly robust evidence base while also further developing the artful skills required for effective clinical practice.

Purpose

This presentation aims to assist the clinician to simply identify the observable physical changes and movement related problems which are commonly apparent in populations with spino-pelvic pain disorders.

Methods

This presentation will integrate the contemporary evidence base and clinical practice and focus upon the relationship between spino-pelvic pain syndromes and axial posturo-movement disorders and the co-related dysfunction in the neuro-myofascial- articular systems.

It will encompass:

- The important role of the internal pressure change mechanisms and 'deep system' control for postural support and movement control of the spine and pelvis.
- The 'Fundamental Patterns' of healthy axio-pelvic control – the important 'key', inter-dependent, basic functional mechanisms which *underlie all movement*: breathing; axio-pelvic posturo-movement control; intrapelvic control, and control of the pelvis on the legs
- The common physical problem encountered in spino-pelvic pain populations is essentially one of imbalanced activity in the myofascial envelope:
 - Deficient 'deep system control' which interferes with the quality of the 'Fundamental Patterns' of control.
 - The apparent, necessary, compensatory (over)activity of the more superficial myofascial system has further deleterious consequences on pain sensitive structures in the neuromuscular and articular systems over time.
- The evident clinical patterns will be presented. While compromised control of the 'Fundamental Patterns' is common, there are differing patterns of response to the usual, everyday environmental demands. Essentially, two basic subgroups are apparent
- Exploration of the distinctive physical features that each subgroup display, helps the practitioner to 'see' the patient in front of him and aids a deeper understanding of the mechanisms driving many lumbo-pelvic pain disorders
- Appreciating the predictable link between altered 'Fundamental Patterns' of control and the development and maintenance of many spino-pelvic pain disorders provides important implications for the direction of treatment – manual, therapeutic exercise and patient education

Relevance

The purpose of this presentation is to present an approach which helps to integrate and practically apply the contemporary evidence base towards a more specific approach to the treatment of lumbo-pelvic pain.

Conclusion

This presentation aims to assist the practitioner to read the body for the clinically useful clues to help facilitate the assessment, functional diagnosis and more effective management of many spino-pelvic pain disorders.

Key words

Pelvic girdle pain; spinal pain
Motor control and therapeutic exercise
Treatment techniques
Sports medicine
Prevention and education