

SI Joint Dysfunction: Treating the Most Common Pattern According to Hesch

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Franciscan HEALTH

Common Symptoms of SI Joint Dysfunction

- Pain around either or both SI joints
- Pain in the buttocks, groin, upper leg
- Pain rarely extends past the knee
- Antalgic gait
- Pain with transitions (sit to stand)
- Lower extremity “giving out”



Sacroiliac Evaluation

- Sacral Thrust Test
- Compression Test
- Distraction Test
- Thigh Thrust Test
- Faber Test
- Gaenslen's Test



Spring Testing of the Pelvis

- Accessory motion testing
- Treat the hypomobility
- Goal is to restore mobility
- In the most common pattern, you can always move further into the dysfunction
- Takes practice



Most Common Pattern According to Hesch

- Left Posterior Pubic/Ischium Fixation
- Left Sacral rotation Fixation
- Left Sacral Side Bent Fixation
- Right Anterior Ilium Fixation
- Left Posterior Ilium Fixation
- Right Type I Inflare Fixation
- Left Type II Outflare Fixation



Most Common Pattern According to Hesch

- Left Type II L5-S1 Flexion/Rotation/
Side-Bending Fixation



Hesch Institute Manual Therapy

- Upcoming Workshops
 - New York City March 30-31
 - New York City August 3-4
 - Home Study Distance Learning is offered
 - www.heschinstitute.com

