



Sacroiliac Orthopaedic Tests

Orthopedics DX 611



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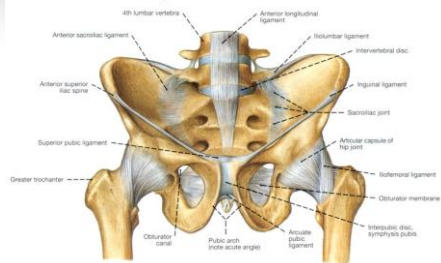
Palpation of the Sacroiliac Joint



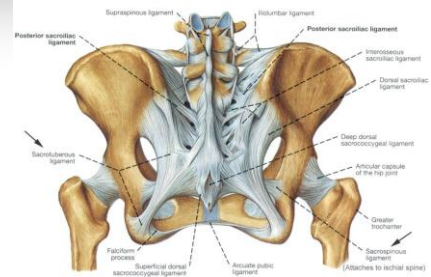
- Posterior superior iliac spine
- Iliac crests
- SIJ articulation
- Ischial tuberosity



Pelvis and Ligaments, Front View, Male



Pelvis and Ligaments, Rear View, Female



Differentiate Spinal Sprain/Strain



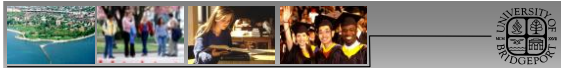
- Describe your approach to differentiating sprain from strain of the lower back and pelvis



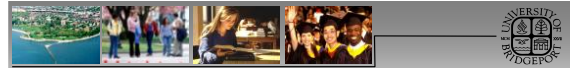
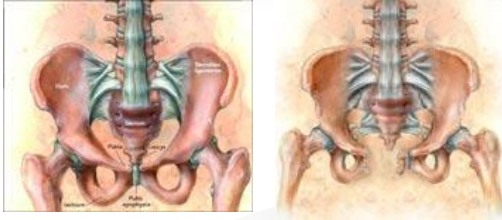
SIJ Sprain Signs and Symptoms



- SIJ pain
- Abnormal gait
- SIJ tenderness with palpation
- Pain on forward flexion



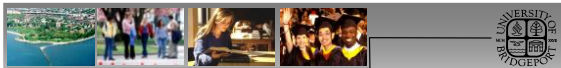
Pelvic Fracture



Adam's Supported Belt Test Differentiate Lumbar from SIJ Lesion



- Lumbar pain with both supported and unsupported dorsolumbar flexion
- SIJ pain with unsupported flexion only



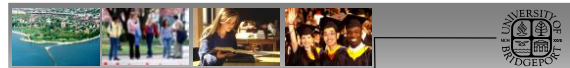
Specialized Orthopedic Tests

Sacroiliac
Joint
Dysfunction



CNMG 2005

- Gaenslen's
- Lewin-Gaenslen
- Yeoman's
- Sacroiliac stretch
- SIJ Resisted abduction
- Sacrotuberous ligament stress



Gaenslen's Test



- Supine extension stresses SIJ & anterior SIJ ligaments
- Ipsilateral pain indicates a lesion in SIJ



Lewin-Gaenslen Test



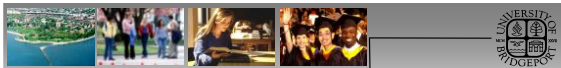
- Side posture extension stresses SIJ & anterior SIJ ligaments
- Ipsilateral pain indicates a lesion in SIJ



Yeoman's Test



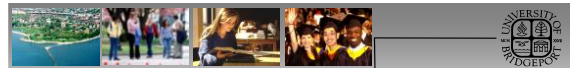
- Prone extension stresses SIJ & anterior SIJ ligaments
- Ipsilateral pain indicates a lesion in SIJ



SIJ Stretch Test



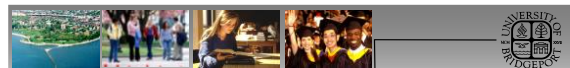
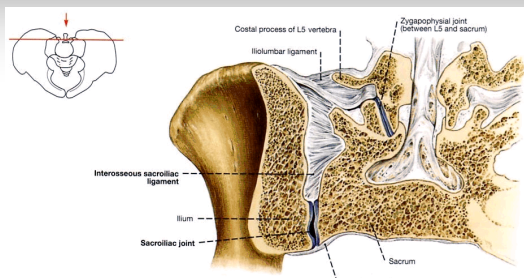
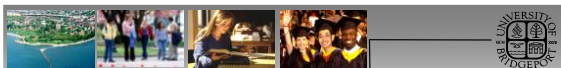
- Bilateral supine ASIS pressure
- Pain indicates lesion in anterior SIJ ligaments or SIJ



SIJ Resisted Abduction Test



- Thigh or buttock pain indicates strain in TFL or gluteal muscles
- SIJ pain indicates sprain of SIJ ligaments



SIJ Pain Spondylarthropathy

Sacroiliac
Joint
Dysfunction



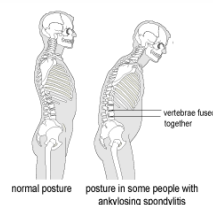
- Which condition usually begins with pain and stiffness in the SIJ?




Ankylosing Spondylitis



Ankylosing Spondylitis Postural Changes




- Progressive fusion of lumbar spine increases flexion of spine




SIJ Lesions

Signs and Symptoms


Sacroiliac Joint Dysfunction




- SIJ pain
- Abnormal gait
- Palpation tenderness
- Pain on forward flexion
- Pain on sitting



General SIJ Lesions




- Hibb's
- Pelvic Rock
- Sign of the buttocks
- Flamingo




Hibb's Test

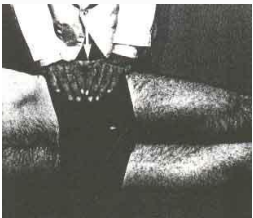
Differentiate Hip and SIJ Lesions




- Prone leg to buttocks with lateral flexion and internal rotation
- Localized pain indicates either hip or SIJ pain




Pelvic Rock Test




- Side posture downward pelvic compression
- Pain in SIJ indicates lesion of inflammatory process




Sign of the Buttock's Test



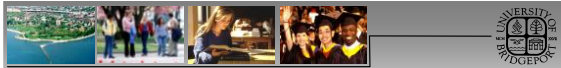
- Supine SLR reveals restriction
- Positive test with knee flexion but no increased hip flexion
- Negative test with pain indicates lumbar dysfunction



Flamingo Test



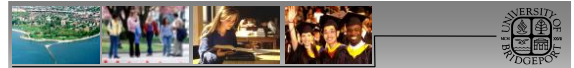
- Stand on one foot
- Hop to stress one joint
- Tests SIJ, symphysis pubis, and hip



Sacroiliac Spine



- Thank you for your attention...



Trochanteric Bursitis or Fracture of Symphysis Pubis

