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O S T E O P A T H Y

Advice sheet

Sacro-iliac strain / twisted pelvis diagnosis

There is a lot of information to devolve with this diagnosis and depending on your individual circumstances more or less information is appropriate to the case.

The primary advice is to avoid twisting the torso on the pelvis. This is best achieved by tuning all of you around to achieve the desired action.

It is often more successful to focus on what you wish to do rather than focus on that which you wish to avoid, statements that contain the word “don’t” usually focus on the action to be avoided – think on the statement “don’t think of crocodiles” and you will get what is meant here.

In short the advice is

Turn to face what you are doing – even if this is a quick light action like reaching for something behind you

MOVE YOUR FEET

is a good phrase to remember

Some actions do not easily fall under this statement so often added to this is –

GET OUT OF THE CAR KEEPING KNEES TOGETHER AVOID SWIMMING BREAST STROKE

I also add

GATES AND STYLES

your dominant leg should be swung over behind you – much like mounting a horse, the non-dominant leg being brought up in front - toward the chest. It is not important which is first, just the direction of the action.

The rationale behind these advises is the subject of whole books and / or long treatises on the subject, the essence of the advice is that given here.

More specific advice will be given at your appointment.

