

Quick, Effective SI Joint/Low Back Pain Assessment and Treatment:
The DonTigny Manual Manipulation Approach

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5 Contact Hours*

This is an advanced and detailed course for physical and occupational therapists, physicians and osteopaths. This presentation provides an extensive critical analysis of the pelvis and sacroiliac joints and the role that they play in low back pain. The strength of this course, however, is the demonstration on numerous real patients of how to use a variety of techniques to get quick effective pain relief. In addition, there are interactive segments including a tutorial practice section and test your knowledge videos.

Numerous detailed illustrations will help the participant establish a sound anatomical and biomechanical rationale for the appropriate evaluation, testing and treatment of low back pain and pelvic pain with special emphasis on the sacroiliac joints.

The participant will be lead step by step through the anatomy and functional biomechanics of the sacroiliac joints including function during normal gait, be able to identify and correct the pathological release of self-bracing, and learn and practice gentle, hands-on techniques for the immediate relief of common low back pain.

Learning Objectives

Upon completion, participants will be able to:

1. Summarize the latest gait and balance evaluation
Describe the biomechanics of the pelvis
2. Identify the mechanism of idiopathic low back pain syndrome.
3. Conduct a comprehensive SI evaluation.
4. Manage SI joint dysfunction so as to have the majority of such patients free of pain immediately and able to self-correct.
5. Perform several manual therapy techniques designed to correct SI joint dysfunction.
6. Progress and monitor a manual and exercise program for SI joint dysfunction/low back pain.

Course Outline

- Anatomy and Movement (30 min)
- Functional Biomechanics (30 min)
- Pathomechanics (30 min)
- Impairments (30 min)
- Examination Techniques (60 min)
- Interventions (90 min)
- Medical Management (30 min)



Participant Comments:

I liked the interaction between the two PTs with the presented discussions. Good to see the various treatment sessions with a variety of patients and also the interaction of the older vs. younger therapist treating a patient and discussing their approach with the patient.

A good video course presenting information on the anatomy, movement, and treatment of back pain caused by a dysfunctional SI joint. Video discussions between two top physical therapists initially followed by actual patient-therapist evaluation and manual treatment sessions. Unique in that the sessions appear very real in the interactions. Good examples of manual therapy sessions and exercise instruction.