

# The Integrated Pelvis: A Functional approach to assessment, treatment & stabilisation of the lumbo-pelvic region

## Suggested Reading List

This is a suggested list of interesting articles, rather than pre-requisite reading; if you have trouble finding them, there will be a copy at the course that you may organise to borrow & copy

- Barker P et al (2004) Tensile transmission across the lumbar fasciae in unembalmed cadavers. *Spine*, 29 (2): 129-138
- Brumagne S et al (2019) Neuroplasticity of sensorimotor control in low back pain. *J. Ortho & Sports Phys. Ther* 49 (6) 402-414
- Bussey M et al (2015) Asymmetric pelvic bracing and altered kinematics in patients with posterior pelvic pain who present with postural muscle delay. *Clin Biomech*, 30 (71-77)
- Cusi M et al, (2010) The use of prolotherapy in the sacro-iliac joint. *British J. Sports Med.* April. *Br.J.Sports Med.*2010. 44: 100-104
- Deindl F. et al (1994) Pelvic floor activity patterns: comparison of nulliparous continent & parous urinary stress incontinent women. *British J.Urology*, 73: 413-417
- De Groot M et al (2008) The Active Straight Leg Raise in pregnant women: differences in muscle activity & force between patients & healthy individuals. *Man Ther.* 13: 68-74
- Grimaldi A, Fearon A(2015) Gluteal Tendinopathy: Integrating Pathomechanics & clinical features in its management. *J. Orthop & Sports Phys. Ther.* 45(11) 910-922
- Hides J. et al (2008) Multifidus size & symmetry among chronic LBP & healthy asymptomatic subjects. *Manual Therapy.* 13 (1): 43-49
- Hodges, P. et al (2019) Diverse role of biological plasticity in low back pain and its impact on sensorimotor control of the spine. *J. Ortho & Sports Phys. Ther* 49 (6) 389-401
- Hodges, P. (1999) Is there a role for transversus abdominis in lumbo-pelvic stability? *J. Manual Therapy.* 4 (2): 74-86.
- Hungerford B, Gilleard Hodges PW., (2003) Evidence of altered lumbo-pelvic muscle recruitment in the presence of sacroiliac joint pain. *Spine*, 28, 1593-1600.
- Junginger et al (2009) Effect of abdominal & pelvic floor tasks on muscle activity, abdominal pressure & bladder neck. *Int Urogynecol J.* Sept 09
- Ko GD et al (2017) Case series of ultrasound guided platelet rich plasma injections for Sacroiliac joint dysfunction. *J. Back Musc. Rehab.* 30: 363-370
- Lee D & Hodges P (2016) Behaviour of the linea alba during a curl-up task in Diastasis Rectus Abdominis: an observational study. *J. Ortho & Sports Phys. Ther* 46 (7) 580
- Lee D & Vleeming A (2004) The management of pelvic joint pain & dysfunction. Chapter 34 in *Grieves Modern Manual Therapy: The vertebral column.* Churchill Livingstone, Edinburgh 2004: 495-506.
- Mellor et al (2016) Exercise & load modification vs corticosteroid injection vs “wait & see” for persistent gluteus medius/ minimus tendinopathy (leap trial). *BMC Musculoskeletal Disorders.* 17 (196)
- Murakami et al (2007) Effect of periarticular & intraarticular lidocaine injections for Sacro-iliac joint pain: a prospective comparative study. *J. Orthop. Sci* 12: 274-280

- Moseley GL et al (2002) Deep & superficial fibres of lumbar multifidus muscle are differentially activate voluntary arm movements. Spine, 27: E29-36
- O'Sullivan, P. et al. (2002) Altered motor control strategies in subjects with SIJ pain during the Active straight leg raise test. Spine, 27 (1): E1-E8.
- Reeves et al (2019) Are stability & instability relevant concepts for back pain? J. Ortho & Sports Phys. Ther 49 (6) 415-424
- Richardson, C. et al. (2002) The relation between the transversus abdominus mms, SIJ mechanics, & low back pain. Spine, 27(4); 399-405
- Sapsford R. (2004) Rehabilitation of pelvic floor muscles utilizing trunk stabilisation. Manual Therapy, 9 (1), 3-12.
- Saunders et al (2018) What's old is new again: The Sacro-iliac joint as a cause of lateralizing Low Back Pain. Tomography. 4(2) 72-77
- Saunders et al (2018) A comparison of ultrasound guided PRP injection & Prolotherapy for mechanical dysfunction of the Sacroiliac joint. J. Prolotherapy. e992-999
- Shadmehr A et al (2012) Changes in recruitment of pelvic stabilizer muscles on people with & without sacro-iliac joint pain during the ASLR test. J. Back Musculo-skel Rehab. 25: 27-32
- Stuge B, et al. (2004) The efficacy of a treatment program focusing on specific stabilizing exercises for pelvic girdle pain after pregnancy. Spine, 29 (4), 351-359.
- Tsao H et al (2010) Driving plasticity in the motor cortex in recurrent low back pain. Eur J Pain. 14.7 832-839
- Urquhart D et al, (2005) Abdominal muscle recruitment during a range of voluntary exercises. J. Manual Therapy. 10 (2): 144-153
- Vleeming, A. *et al* (1995) A new light on low back pain. 2nd Int. World Congress on Low Back Pain: the integrated function of the Spine & SI joints. 1995. 149-168.
- Willard, F. *et al* (1998) The long posterior interosseous ligament & the sacrococcygeal plexus. 3rd Interdiscip. Congress Low Back & Pelvic Pain. 1995: 207-209.