

Treatment of Pelvis & Lumbar Spine. Level 1: an Introduction to Muscle Energy Techniques

Suggested Reading List- (these articles will help your knowledge but are not essential pre-reading)

Damen, L et al (2001)	Pelvic Pain during pregnancy is associated with asymmetric laxity of the sacroiliac joints Acta Obstetrica et Gynecol. Scandinavia 80 (11); 1019-1024
Damen L et al (2002)	Does a pelvic belt influence sacroiliac joint laxity? Clinical Biomechanics, 17, 495-498.
De Groot M et al (2008)	The Active Straight Leg Raise test in women: differences in muscle activity & force between patients & healthy subjects. Manual Therapy, 13 (1): 65-74
Hungerford B et al. (2004)	Altered patterns of pelvic bone motion determined in subjects with posterior pelvic pain using skin markers. Clinical Biomechanics, 19: 456-464.
Hungerford B et al. (2007)	Evaluation of the ability of physical therapists to palpate intra-pelvic motion with the stork test on the support side, J Physical Therapy, 87(7), 879-887
Lee Diane (2007)	The Pelvic girdle: an approach to examination & treatment of the lumbo-pelvic-hip region. Churchill Livingstone, Edinburgh
Lee D. & Vleeming A (2000)	Current concepts on Pelvic Impairment. IFOMT 2000, Perth, Conference Proceedings. Nov 2000. pp 118-123
Mens et al (2002)	Validity of the Active Straight Leg Raise test for measuring disease severity in patients with posterior pelvic pain after pregnancy. Spine, 27 (2), 196-200
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) pE1-8
Palsson T & Graven-Nielsen T (2012)	Experimental pelvic pain facilitates pain provocation tests & causes regional hyperalgesia. Pain. 153(11): 2233-2240
Panjabi M et al (1988)	Spinal Stability and Intersegmental Muscle Forces. Biomechanical Model. Spine. 14 (2) pp 194-199
Pool-Goudzwaard A, et al (2003)	The iliolumbar ligament: its influence on stability of the sacroiliac joint. Clinical Biomechanics, 18 99-105
Robinson et al (2007)	The reliability of selected motion & pain provocation tests for the Sacroiliac joint. Manual Therapy. 12: 72-79
Schwarzer A, April C., Bogduk N. 1995	The Sacroiliac Joint in Chronic Low Back Pain. Spine. 20(1): 31-37
Snijders,C.et al. (1993)	Transfer of lumbosacral load to iliac bones & legs. Pt I biomechanics of self bracing and its significance for treatment and exercise. Clinical biomechanics. 8: 285-294.
Selkow et al (2009)	Short term effect of Muscle Energy technique on pain in individuals with non-specific lumbopelvic pain. J Man & Manip Therapy. 17(1) E14-18
Sembrano & Polly (2008)	How often is low back pain not coming from the back? Spine.34(1) E27-32
Vicenzino G. & Twomey L. (1993)	Side flexion induced Lumbar Spine conjunct rotation and its influencing factors. Australian Journal Physiotherapy 39: 299-306
Vleeming. A, et al (1990)	Relation between form and Function in the Sacroiliac Joint Part I & Part II Spine 15(2): pp30 - 135

I would also suggest reviewing pelvis and lumbar spine anatomy.