

Blum CL. Sacroiliac Joint Hypermobility Syndrome: A Chiropractic Perspective Survey. 2nd Annual Sacro Occipital Technique Research Conference Proceedings: New Orleans, LA. 2010: 20-8.

Introduction: Sacro occipital technique (SOT) has long discussed that the anterior and posterior aspects of the sacroiliac (SI) joint are completely different in both their anatomy and function. A small sampling survey was taken of SOT practitioners (N=53) and some practitioners not familiar with SOT (N=11). From this preliminary survey, it was found that SOT chiropractors commonly found patients with hypermobile SI joints, chiropractors without an SOT bias, like most manual therapy healthcare practitioners, more commonly treated the SI joint as being fixated.

Discussion: If there is an entity such as a hypermobile SI joint, it would behoove chiropractic and manual therapy healthcare providers to be cognizant of this syndrome and see if appropriate tools can be developed to further help differentiate between a hypermobile and a fixated SI joint.

Conclusion: Since patients have varying levels of threshold regarding ligament strength, myofascial support, and pain, it is not unlikely that more than one type of treatment might prove efficacious for their care. However, it seems reasonable that greater accuracy and precision in diagnosis and treatment would likely lead to less iatrogenesis and greater patient response to treatment. Greater research by the SOT community into SI joint dysfunction differentiation is indicated.