

4-Sign Test (Pelvic Function Screen)

Start:

Sit your client on a chair, back against the back and thighs supported, pelvis level.

Test:

Ask the client to cross one ankle over the opposite knee with the lateral malleolus just outside the thigh, just above the patella. Observe how high the knee is for the floor then switch to do the same on the other leg.

Results:

There should be symmetry, with the range of movement the same on both sides.

Meaning:

If there is any amount of asymmetry the test is positive, this means that the pelvis is dysfunctional and must be addressed before a fully functional spine can result. In other words the pelvis is likely to be rotated and the piriformis and gluteal muscles may well be in spasm, and the test will pick this up.

Ref:

Cibulka MT, elitto A, Koldehoff RM (September 1988). "Changes in innominate tilt after manipulation of the sacroiliac joint in patients with low back pain. An experimental study" (PDF). *Phys Ther* 68 (9): 1359-63. PMID 2971233.

4-Sign Exercise (Pelvis Release)

Technique:

1. Still sitting on the chair with one ankle crossed over the opposite knee as in the picture.
2. Place one or both hands on the inside of your knee.
3. Rotate the top leg into your hand/s so your ankle presses down into the knee of the opposite leg. Rotation is at the hip joint.
4. You will notice that the knee wants to lift if you are doing it correctly; the hands are in place to prevent this from happening. This engages the hip rotator muscles.
5. Using ONLY 20% of their maximum effort from the hip should be just enough to engage the muscles.
6. This is a static contraction, so make sure the leg does not move.

Instruction:

1. Hold for 20 seconds.
2. Do 4 sets on each leg.
3. 4 x daily AM/PM & Before and after periods of activity or inactivity.

