youtube video link:
http://www.youtube.com/watch?v=3Nhow9fH-h0
If the video does not immediately start press F5

OMT for Low Back Pain

Probably the most common use of manipulation is in the treatment of acute and chronic low back pain. Essentially all of the good research in OMT has been done on acute low back pain because of its impact on return to work. The data states that OMT is as effective as any other treatment modality in the treatment of acute low back pain. Its efficacy in chronic low back pain is less certain and often is geared toward palliation of pain rather than cure. This protocol utilizes some more advanced skills in segmental diagnosis- however a beginning OMT student could only utilize the psoas and piriformis stretching/muscle energy and would often find significant improvement. This protocol can also be safely used in pregnancy. For more advanced practitioners you will notice that the side posture muscle energy technique is the exact same setup for HVLA and can act as training for it- you would simply complete the movement with a rotatory impulse to the bent leg.

Side Posture Muscle Energy/HVLA:
Assess segmental diagnosis in the lumbar spine. The torso is then positioned with the rotated side up (Rotated Left would have the patients left side up) Rotate the patient's upper body until the segment above the dysfunctional vertebrae moves. Flex or extend the torso in a direct fashion (if flexed then you would extend for treatment). Bottom leg is straight the top is hooked and over the side of the table. Engage the barrier and do muscle energy or HVLA from there.

Psoas Stretch/Muscle Energy (2 options)

Prone: provider's knee is used to progressively elevate the patient's leg

Supine: leg is dropped off the table and may or may not be supported by the provider's leg. The opposite hip is stabilized. Progressive stretch is instigated by dropping more of the patient's thigh off the table

Piriformis Stretch/Muscle Energy
Patient's affected leg is flexed and then internally rotated while controlling the ipsilateral hip. Stretch is instigated by progressively taking the leg across the body.