

POSTERIOR TREATMENT

Check anterior/posterior (A/P) findings with one hand on the I/T (ischial tuberosity) and the other hand on the PSIS (posterior superior iliac spine).

Assess inferior/superior findings at SI level.

Stretch IT and PSIS laterally on both sides with firm yet gentle movements.

Perform soft tissue work around the QL (quadratus lumborum).

Search for tension and scar tissue around the transverse process of L3.

Search for and reduce muscle tension T-8 to T-12.

Make A/P corrections.

Make I/S corrections.

Pull legs at ankles for further A/P corrections. (If hip is anterior, toes are out; if hip is posterior, toes are in.)

Assess sacrum: angle, puffiness, and color (red, white, yellow, blue).

Evaluate sacrum rotation (i.e., left or right).

Stretch sacrum into tension area without thrusting action.

Search for and reduce scar tissue on sacrum.

Perform inferior thrust on sacrum (taking up tension in sacrum).

Coxyxgeal Stretch

Hortence's Point