

Restoring Function in the Anterior Pelvic Tilt Condition
continued from page 10

MRMT Phase 5: Self Care

Facilitating the Gluteus Maximus while Inhibiting the Iliopsoas (Figures 11, 12)

In summary, this gives a general illustration of the MRMT Treatment Approach to restore function in a patient with an Anterior Pelvic Tilt condition with complaints of lower back pain. The complete treatment would include all muscle pairs involved in the abnormal postural alignment. Function of all the following muscles would be addressed:

- The long hip extensors (Hamstrings eccentric condition)
- The long hip flexors (Rectus Femoris concentric condition)

In addition, the resulting hyperlordosis of the lumbar spine would be treated to inhibit pain and restore function to balance the Lumbar Extensor muscles (concentric condition) and the Abdominal muscles (eccentric condition), to restore good postural alignment.

Re-education of muscle movement for restoration of function has been described. Re-Assessment results that demonstrate goal achievement with resulting symmetry and balance in the postural alignment of the muscle pairs is illustrated. Self Care for prolonged treatment results completes the Medical Restorative Massage Therapy Approach to treat a patient with lower back pain due to an Anterior Pelvic Tilt Condition.

The M.T. Wellness Team hopes that this series of articles has enhanced your ability to treat your patients. If you would like to learn more, please come to our seminar at the AMTA conference in the Spring of 2008!

ABOUT THE AUTHORS: This series of articles is the work of a Team of Certified Medical Restorative Massage Therapists (CMRMT®) from M. T. Wellness Clinic who have successfully completed over 336 hours of advanced comprehensive training and the instructors from the M. T. Wellness Masters Center. The Team has over 25 years of combined of clinical experience. The Medical Restorative Massage Therapy Masters Center Program is comprised of the following courses: The MRMT Techniques Series consisting of 116 hours of training in Trigger Point Therapy, Neuromuscular Therapy, Myofascial Release, Ortho-Release, Sport Massage, Deep Tissue Massage, Dr. Kellogg's Swedish Procedures, Blended Massage Techniques with Movement to Inhibit or Facilitate, Self Care and Patient Education. The Medical Lectures Series is taught by a Physical Medicine & Rehabilitation (PM&R) physician who provides 18 hours advanced instruction in the medical model for patient care. The Functional Restoration Series is taught by a physical therapist who devotes 42 hours to teaching- in depth postural and range of motion analysis. The entire body is examined for precise identification of muscle imbalances. The effects of these imbalances on posture and functional movement are used in setting goals for the patient. The Medical Restorative Massage Therapy Clinical Internship consists of 160 hours of patient treatment in the Masters Center, applying the philosophy and techniques of MRMT to patients in the clinic setting under the general supervision of a Certified Medical Restorative Massage Therapist mentor.



Fig. 11 The patient is instructed to lie on their back and pull one knee up to the chest and to hold the knee with the opposite hand while the opposite leg is extended. The patient is instructed to hold the tapper in the hand on the side of the flexed hip and to tap the gluteus maximus at the gluteal tuberosity of the femur in order to facilitate the gluteus maximus. Tap for approximately 15 seconds. Repeat on the other side.



Fig. 12 Self stretch for the Iliopsoas: The patient is instructed to lie on their back and pull one knee up to the chest while the other lower leg and knee is suspended from the edge of the table for approximately 15 seconds. Then repeat on other side.