

Is a specific exercise to correct position of dorsal pelvic joints in patients with pelvic pain effective?

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Registration date 27/03/2018	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 06/11/2019	Condition category Musculoskeletal Diseases	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

Plain English summary of protocol

It is assumed that in some patients with pain in the pelvic area, the dorsal joints of the pelvis may be mis-aligned. Due to this mis-alignment some specific ligaments become overstretched and painful. Pressure on this painful ligament produces pain in a specific area. This procedure is called: the long dorsal ligament (LDL) test. Thus, when positive, this test is an indication of mis-alignment of the pelvic joint.

For patients with pain in the pelvic area there are exercises that are believed to relieve pain because they reposition the pelvic joints. It is unclear whether these exercises really can be effective. This study investigates whether these self-mobilization exercises are effective in correcting sacro-iliac

joint position. For this study patients that apply for treatment in our centre are asked to perform either the specific mobilising exercise or a sham exercise. If the mobilization is effective the LDL test should be less painful.

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Additional identifiers

Protocol serial number
SJC201202

Study information

Scientific Title
The effect of self-mobilizing exercises for correction of counternutated Sacro-iliac joints in pelvic girdle pain patients

Study objectives
Self-mobilization exercises are effective in correcting sacro-iliac joint position

Ethics approval required
Old ethics approval format

Ethics approval(s)
The study was initiated in 2012 (Q4). At that time ethics approval was not required. Study results were presented at a conference. Since it not our primary activity (we are a rehab centre) it took us a long time to convert the study results to a manuscript.

Study design
Randomized controlled trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Chronic pelvic girdle pain

Interventions

Patients were randomized by pulling a lot from a bag.

Intervention: patients performed a self-mobilisation exercise according to the exercise described by Richard DonTigny.

Control group: patients performed from a similar posture to the intervention group a mobilisation in opposite direction.

Both groups made 3 repetitions of 5 seconds for the exercise.

Intervention Type

Behavioural

Primary outcome(s)

1. LDL test (pain provocation of long dorsal sacroiliac ligament) tested before and after each treatment.
2. Pain score visual analogue score before and after each treatment.

Key secondary outcome(s)

N/A

Completion date

15/06/2013

Eligibility

Key inclusion criteria

1. Patients with chronic pelvic girdle pain who came to the Spine & Joint Centre for treatment.
2. Aged 18 years and older age range
3. Positive LDL test

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

Negative LDL test

Date of first enrolment

01/12/2012

Date of final enrolment

15/06/2013

Locations

Countries of recruitment

Netherlands

Study participating centre**Spine & Joint Centre, the Netherlands**

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Sponsor information

Organisation

Spine & Joint Centre

Funder(s)

Funder type

Not defined

Funder Name

Spine & Joint Centre (Netherlands)

Results and Publications

Individual participant data (IPD) sharing plan**IPD sharing plan summary**

Available on request