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

Submission date
15/03/2018

Recruitment status
No longer recruiting

Registration date
27/03/2018

Overall study status
Completed

Last Edited
06/11/2019

Condition category
Musculoskeletal Diseases

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] 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-aligment some specific ligaments become overstretched and painfull. 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 mobilisating exercise or a sham exercise. If the mobilization is effective the LDL test should be less painful.

Contact information

Type(s)
Public

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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 olderage 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

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes