Background & Purpose: Sacroiliac joints (SIJ) have been identified as a common source of pain in patients presenting with mechanical low back pain. However, there is no gold standard currently in the treatment of SIJ pain, and for most clinicians, experience drives their treatment and clinical rationale. Muscle energy technique (MET), a manual therapy intervention, can be used to decrease pain, increase joint mobility and improve range of motion. This case report describes the outcomes after treating a patient with SIJ pathology with muscle energy techniques.

Case Description: The patient was a 42 year old female who complained of chronic back pain with acute exacerbation of unknown cause. Upon physical therapy examination, discovery of sacroiliac joint dysfunction was made. The patient was seen for 3 physical therapy visits in an outpatient facility, receiving 2 treatments of muscle energy techniques to improve mobility and decrease pain at the sacroiliac joint and lumbar vertebra.

Outcomes: The patient reported pain to have resolved at the conclusion of the physical therapy treatment. The patient also had significant improvement in function by demonstrating a 20 point decrease on the Oswestry Disability Index. She scored a 6+ on the Global Rating of Change measure, showing significant overall perceived improvement.

Discussion: Despite the lack of research on the use of muscle energy techniques to treat sacral torsion, the results of this case study show that positive functional outcomes may be achieved as well as a decreased report of pain with this specific intervention.