

Low Back Pain - Muscle Energy Technique



Variation

Indications

This can help clients with low back pain.

Cautions

This technique needs to be pain-free.

Technique

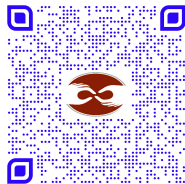
With your client supine, bring their knee up and medially. Place one hand under your client's low back, fingers on the erector spinae muscles, and your little finger on the posterior superior iliac spine (PSIS – the medial prominence on the crest of the ilium).

Rest your client's calf on your forearm and bring your client's knee toward their chest until you feel the pelvis start to turn under.

Have your client inhale, then on the exhale pull their navel toward their spine, flattening their low back. At the same time have them push their knee toward their toes with 10% of their strength for 10 seconds while you resist this movement.

Now you should be able to bring your client's knee closer toward their chest before feeling their pelvis turn under. Repeat the previous step and you may be able to get even more hip flexion.

See the web page and the video for an explanation of how this works.



[Scan, tap, or click on the QR code for video](#)