# TABLE OF CONTENTS

## 1 CHAPTER ONE: INTRODUCTION

1.1 Introduction ........................................ 1  
1.2 Aims and Objectives ................................ 2  
1.3 Limitations .......................................... 3  
1.4 Rationale for the Study .......................... 4  

## 2 CHAPTER TWO: LITERATURE REVIEW

2.1 Introduction ........................................ 5  
2.2 Incidence and Prevalence of Sacroiliac Syndrome 5  
2.3 Anatomy of the Sacroiliac Joint ............... 6  
2.3.1 Ligaments ........................................ 7  
2.3.2 Muscles .......................................... 7  
2.3.3 Innervation ...................................... 9  
2.4 Biomechanics of the Sacroiliac Joint .......... 10  
2.5 Clinical Presentation and Diagnosis of Sacroiliac Syndrome 11  
2.6 Anatomy of the Hip ............................... 14  
2.6.1 Ligaments ....................................... 14  
2.6.2 Muscles .......................................... 15  
2.6.3 Innervation ...................................... 16  
2.7 The Possible Relationship between Sacroiliac Syndrome and Pressure Threshold of the Piriformis Muscle 16  
2.8 The Possible Relationship between Sacroiliac Syndrome and Hip Joint Range of Motion .......... 17  
2.9 The Possible Relationship between Sacroiliac Syndrome and Hip Joint Proprioception .......... 19  
2.10 Sacroiliac Joint Manipulation and its Hypothesized Effect on Hip Joint Functional Ability 22
CHAPTER THREE: MATERIALS AND METHODS

3.1 Introduction 24
3.2 Design 24
3.3 The Sample 24
  3.3.1 Advertising 24
  3.3.2 Sampling method and size 24
  3.3.3 Sample allocation / randomization 24
  3.3.4 Telephonic interview 25
3.4 Clinical procedure 25
  3.4.1 Inclusion criteria 25
  3.4.2 Exclusion criteria 26
3.5 Clinical evaluation 27
3.6 Intervention 28
3.7 Measurements 30
  3.7.1 Subjective Measurements 30
  3.7.2 Objective Measurements 30
3.8 Statistical Analysis 32

CHAPTER FOUR: RESULTS AND DISCUSSION

4.1 Introduction 34
4.2 Demographic Data 34
4.3 Follow up over time 36
4.4 First Objective: Subjective Clinical Findings 37
  4.4.1 Pain (NRS) 37
  4.4.2 Revised Oswestry Low Back Pain and Disability Questionnaire 40
CHAPTER FIVE: CONCLUSIONS AND RECOMMENDATIONS

5.1 Conclusions 88
5.2 Recommendations 91

REFERENCES 93

APPENDICES 100