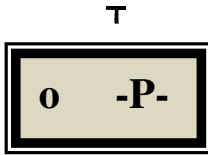


-Iliolumbar Ligament-

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Steps



Position> The client is prone. The therapist is at hip level facing the client's lumbar spine.

1) **Palpate** the spinous processes of L4 and L5. Place your fingers on the iliac crests and thumbs on the L4-L5 junction which lies at the same level as the iliac crests. The spinous processes of L4 and L5 lie above and below this space.

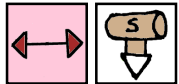
Position> Place the lower thumb on the PSIS and the lower index finger on the spinous process of L5. Position the large T-bar just above the superior edge of the sacrum and between the thumb and index finger at a 90 degree angle.



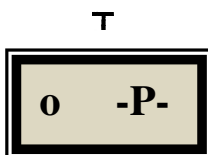
2) With the large T-bar, apply **static pressure** straight down toward the therapy table for 8-12 seconds.

• This treats the iliolumbar ligament, erector spinae and multifidus.

Position> The therapist faces the client's feet.



3) With the small T-bar to the crest of the ilium, move medially and inferiorly from the quadratus lumborum to the next hard fibrous structure which is the iliolumbar ligament and apply **medial-lateral friction** to the fibers of the ligament 4-6x.



Summary

Position> The client is prone with the therapist at the side.



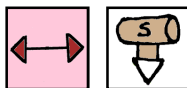
1) Spinous of L4-L5 at the level of the iliac crest

Position> Find the spinous of L5 with the index finger of the lower hand and the PSIS with the thumb. Place the T-bar between them.



2) between spinous of L5 and PSIS

Position> The therapist faces the client's feet



3) across ligament 4-6x