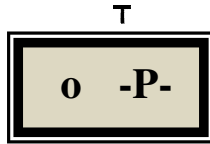


# -Sacrotuberous Ligament - Obturator Internus-

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## Steps

👉 Position> The client is prone with the therapist at hip level on the treating side.



1) **Palpate** the sacrotuberous ligament on the ischial tuberosity. Continue along the ligament as it extends superiorly between the ischial tuberosity and the PSIS



2) With the thumbs facing each other, apply **multi-directional friction** on the posterior aspect of the sacrotuberous ligament from the ischial tuberosity to the PSIS.



3) With the thumbs against the ischial tuberosity, apply **multi-directional friction** in 1" intervals toward the sacrum at a 45 degree angle and continuing along the lateral aspect of the sacrotuberous ligament until the PSIS is reached.



4) Apply **static pressure** to any trigger points remaining along the posterior and lateral aspects of the sacrotuberous ligament.



👉 Position> Move to the opposite side of the table to treat the medial aspect of the same ligament. Have the person turn toward the therapist so they can stay in constant contact (as this is often an area of emotional trauma).

• Treat this area through a thin surgical glove, a cloth or thin clothing.



👉 Position> Place the thumb of the upper hand on the tip of the coccyx and the index finger across the table onto the client's ischial tuberosity. While keeping the elbow low, place the thumb of the lower hand on the medial border of the sacrotuberous ligament between the two points. Glide the thumb gently downward and into the channel underneath the sacrotuberous ligament.



- Do not enter the rectal tissues.
- Do not apply pressure before getting completely in place
- Stay on the gluteal tissues in the channel formed by the ligament.



5) With the thumb pad facing the ceiling, apply **light static pressure** up on to the ligament at thumb width intervals moving toward the ischium. Rest and repeat the treatment using **cross-fiber friction**.



• Pressure may be increased but only to a moderate discomfort.



• Stay in visual contact with the client's face during treatment.

• This treats the medial aspect of the sacrotuberous ligament

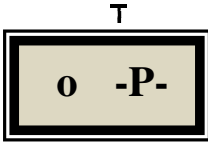


6) Rotate the thumb so that the elbow comes up and the thumb presses down toward the therapy table and **apply multi-directional friction** into the floor of the channel.

• This treats the obturator internus.

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## Summary

☞ Position> Client is prone with the therapist at the hip on the treating side.


1)  ischial tuberosity to PSIS

2)  ischial tuberosity to PSIS (posterior aspect)


3)  at 45 degree angle, ischial tuberosity to PSIS (lateral aspect)


4)  remaining trigger points in the area


☞ Position> Move to opposite side, client faces therapist


•  treat with glove or through clothing


☞ Position> Place thumb in channel under S/T ligament

•  don't enter rectal tissues.

•  get completely in place

•  stay on the gluteal tissues

5)   thumb width intervals moving toward the ischium (medial-internal aspect)

•  not more than moderate discomfort.

•  stay in contact with the client

6)  elbow up, thumb down into the floor of the channel