

Joint Cavitation & Clearance

It is often assumed that getting a single cavitation from a joint is sufficient to release the restriction of movement within it. However this is not the case in the sacroiliac joint.

Lumbar facet joints, as with most facet joints, generally only require one cavitation to release the joint but sometimes take 2 which I think is best achieved using both lumbar roll techniques. Occasionally there is a release without cavitation.

Different loci in the sacroiliac joint seem to have different characteristics when it comes to the frequency of number of cavitation to produce clearance of restriction.

The relatively infrequent S1/2 and S3 follow a similar pattern to the lumbar facet joints and are most commonly cleared with one cavitation.

The traditionally recognised region of the sacroiliac joint S2 and S2/3 may be cleared with only one cavitation but most frequently require 2. Most frequently this involves cavitating the joint by thrusting the sacrum on the Ilium as well as the traditional thrust of the Ilium on the sacrum (see video 12). Occasionally 3 or even 4 cavitations are necessary.

The S1 complex requires even more attention. 3 and in fact predominantly 4 cavitations are the norm. When 4 cavitations are required there will generally be 2 from each of the 2 lumbar roll variants.