

IVM SIFT

Involuntary Mechanism Sacroiliac Function Test

There are many physical orthopaedic sacroiliac joint tests. Individually they are not very accurate. Studies would indicate a battery of tests is more accurate. However the one I find to be the most useful is one using the involuntary mechanism. Ultimately experienced fine tuned joint palpation is the ultimate guide but the Involuntary Motion Sacroiliac Joint Function Test (IVM SIFT) is a good initial guide and also a helpful guide during treatment to determine joint clearance.

Tuning into the involuntary mechanism is a skill that requires years of practice and appropriate tutelage and guidance. However I will go over the principles briefly. If you are already skilled in this area it will take much less time to master.

The IVM is a subtle energy field that mirrors the physical body and appears to have a rhythmic movement similar in frequency to breathing.

Palpating this movement requires being in state of mind which paradoxically is almost the antithesis of trying to feel! Palpating the IVM requires the mind to be focused elsewhere.

The IVM SIFT is performed with the patient supine. The patient needs to be completely relaxed. The practitioner lightly holds the ankles with their hands. The practitioner focuses their attention away from the room and passively receives the movement of the IVM of the lower limbs. The movement of the lower limbs is experienced as external and internal rotation.

If there is a unilateral lesion in the pelvis the associated lower limb will not move or at least move less than on the non-lesioned side. When the joint has been cleared, and this may take several cavitations, the IVM movement of the limbs should be equalised. Again this should be used as an adjunct to direct sacroiliac joint palpation; supine, side-lying or both.