Impact Theory

It would appear that there is a relationship between certain types of impacts and lesion loci.

A course of treatment generally involves working on different lesion loci each treatment session so it is not easy to see a relationship between impacts and traumas. However previous patients who present after a trauma often appear to have a lesion locus that relates to the nature of the impact.

Patients who present after rear impact or front impact motor vehicle accidents often present with an S2 lesion. This perpendicular force in the sagittal plane seems to affect the centre of the sacroiliac joint. This may also occur when someone falls flat onto their back or onto "all fours".

Patients who fall onto their side will often present with an S2/3 lesion. This perpendicular force in the coronal plane appears to affect the lower pole of the joint and would be typified by a fall off a bicycle or motorbike.

Patients who fall heavily onto their bottom seem to present with S1 complex lesions. This is a common fall and may explain the prevalence of this particular lesion. The force in this case travels straight through the sacroiliac joint in a cephalic direction affecting the true upper pole. From the analysis of my own findings approximately half the sacroiliac joint lesions are found in this area.

Patients who fall flat on their face may present with S3 lesions. The force in this case travels through the sacroiliac joint in a caudal direction.

I propose that the greater preponderance of sacroiliac joint lesions on the right side relates to handedness and the tendency to fall toward the dominant side. I have yet to test this hypothesis.

I also believe this is the reason why primary structural lesions tend to be in the pelvis as it is the first joint to be impacted. The lumbar spine is more shielded by the lordosis and forces coming into the

lumbar joints are more likely to have come through the sacroiliac joints first.

Although there appears to be a relationship between direction of impact and lesion location it is by no means deterministic.