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## Treatment of sacroiliac joint dysfunction: Exercise or manipulation?

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Sacroiliac joint dysfunction (SIJD) is a main cause of low back pain in 20-30% of cases. It is a RCT study that evaluated fifty-one people who had low back or buttock pain for more than three months and at least three positive diagnostic tests (Patrick test, Ganslen test, The thigh trust test, Yeoman test, Forward flexion test, Gilet test, Compression test, etc.). There were no other causes of low back pain on lumbosacral MRI of the subjects. The subjects were studied randomly in three groups: 1-exercise therapy, 2-manipulation, 3-exercise therapy and manipulation. In the first group, the patients did home based exercise and supervised exercise one session a week for 3 months. In the second group, they were taken sacroiliac manipulation at the start of study. In the third group, the patients were taken manipulation plus exercise like the other groups. The primary outcome was pain that was evaluated by VAS. The second outcome was function that was evaluated by Roland morris and Oswestry questionnaires and two functional tests (timed up and go test and self paced walk test). All the outcomes were evaluated before study and 6, 12, 24 weeks after the study. In the three groups, all the parameters improved after 6 months. At 6<sup>th</sup> week manipulation was better than exercise ( $p < 0.05$ ). At the 12<sup>th</sup> week, exercise was better than manipulation ( $p < 0.05$ ). At the 24<sup>th</sup> week, there was no significant difference between the groups.

### Biography

Parisa Nejati has gotten her General Physician degree from Zanjan University of Medical Sciences in Iran and Post-graduation studies in the field of Sports Medicine from Iran University of Medical Sciences in Iran. She is an Assistant Professor of Sports Medicine in Iran University of Medical Sciences. She has worked in the field of musculoskeletal diseases, diagnosis and treatment for 7 years. She has published more than 10 papers in reputed journals. She has worked on sacroiliac joint dysfunction diagnosis and treatment since 2 years.

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