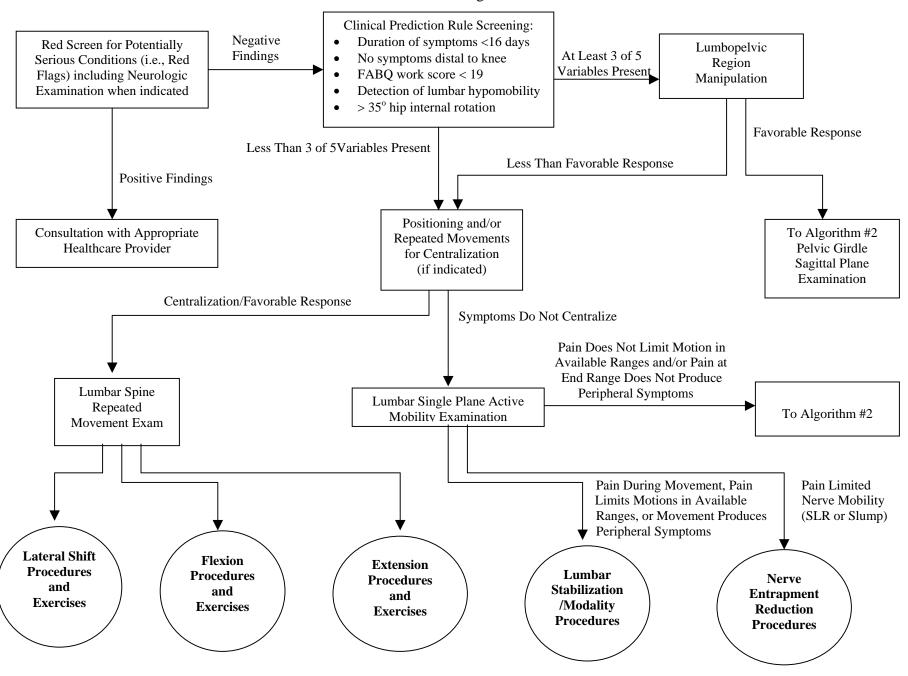
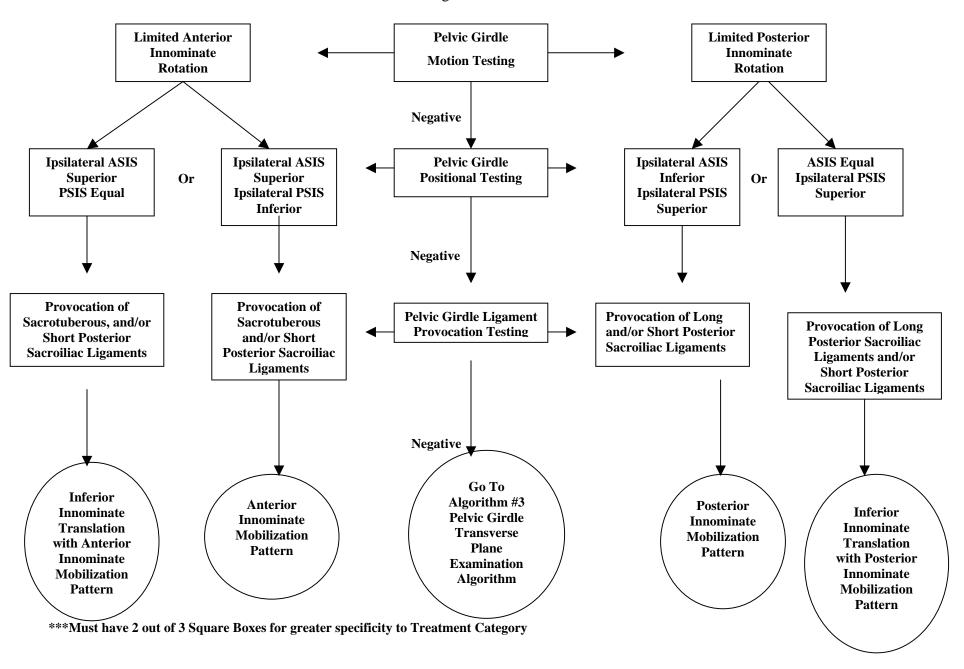
# **Algorithm #1**Lumbo-Pelvic Region Examination



Joe Godges, DPT, MA, OCS

KP So Cal Ortho PT Residency

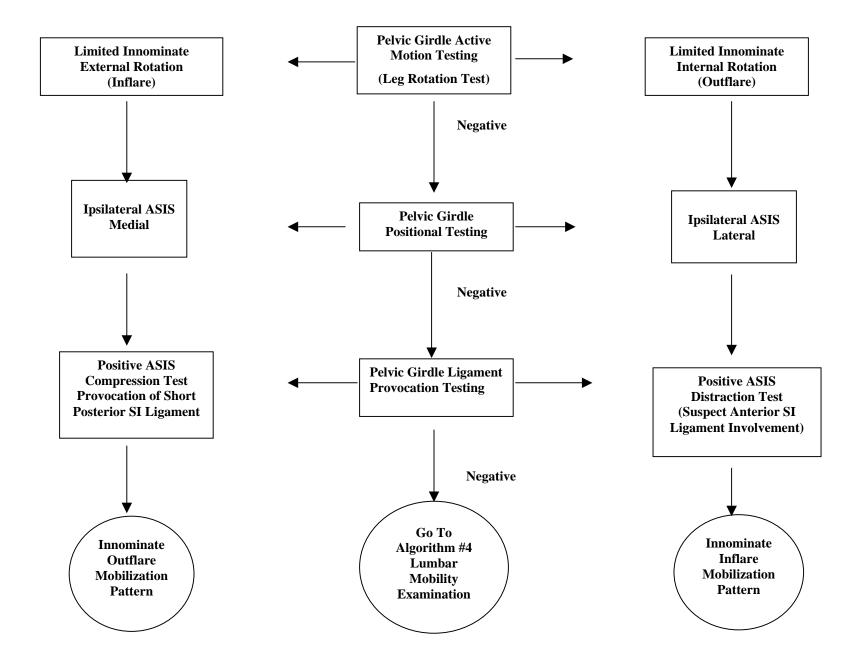
**Algorithm #2**Pelvic Girdle Sagittal Plane Examination



Joe Godges, DPT, MA, OCS

KP So Cal Ortho PT Residency

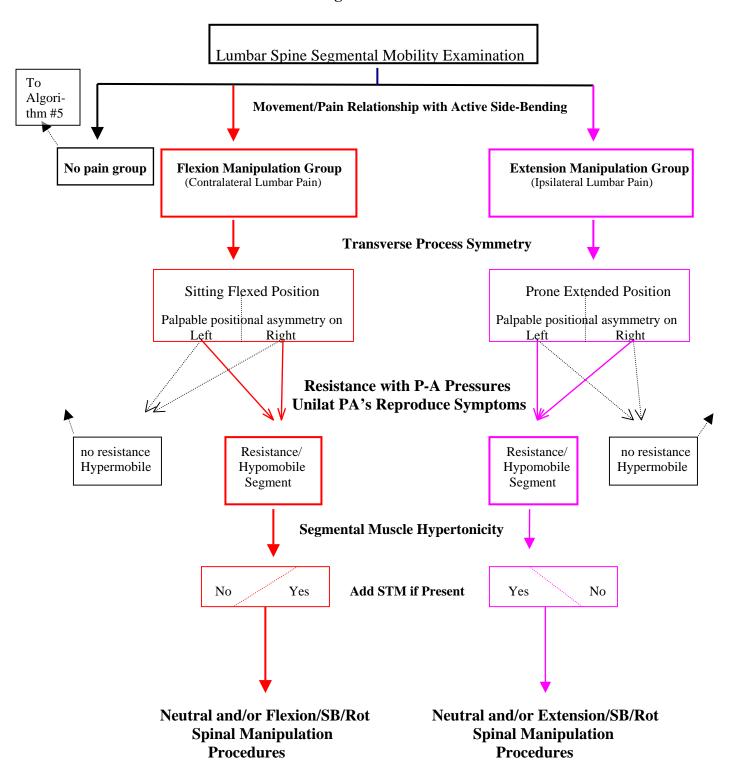
**Algorithm #3**Pelvic Girdle Transverse Plane Examination



Joe Godges, DPT, MA, OCS

KP So Cal Ortho PT Residency

#### Algorithm #4



To Algorithm #5

#### Algorithm #5

### **Associated Impairments**

Provide intervention intended to normalize impairments felt to be strongly

associated with the patient's symptoms or functional limitations

## Mobility/Flexibility Deficits **Lumbar Extension ROM Hip Flexors** Sciatic Nerve Lumbar Flexion ROM **Hip Extensors** Femoral Nerve **Hip Internal Rotators Dural Structures Hip External Rotators Piriformis** Muscle Strength/Motor Control Deficits Upper Abdominals **Trunk Extensors Hip Extensors** Lower Abdominals **Trunk Rotators Hip Abductors** Multifidi Transverse Abdominus Low Aerobic Capacity **Coordination Deficits** Lower Extremity **Balance Disorders** Poor Ergonomic **Proprioceptive Deficits Functioning**