

SOT Quick Summary

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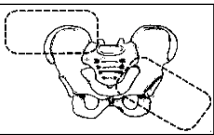
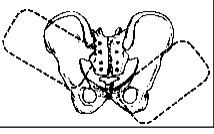
Category Differentiation:

1. If a patient can barely walk into the clinic and has posterior thigh radiating pain with antalgia – they are likely a **category three patient**. Reduce any psoas involvement and when prone traction both legs (particularly the one with sciatic) to reduce any hamstring tension and then assess leg lengths and block accordingly.
2. If the patient is not a category three then they are either a category two or one. If they have primarily musculoskeletal complaints, unilateral scalenus muscle tension, a positive arm fossa test, inguinal ligaments that are sensitive to palpation, and a functional leg length inequality in the supine position they are a **category two**. Release any psoas or iliofemoral (piriformis syndrome) involvement, then perform the pretest for category two and block accordingly.
3. If the patient is not a category two or three they are likely a **category one**. They will have a functional leg length inequality in the prone position, possibly some Achilles heel tension, bilateral scalenus muscle tension, and more commonly not just a musculoskeletal presentation. Reduce heel tension, eliminate any atlas imbalance, and then evaluate leg lengths and block accordingly.

Category Review		
Comparison Chart: <i>Category Diagnosis</i>		
Category 1	Category 2	Category 3
A/P Sway	Lateral Sway	Lack of Sway (Antalgic)
Bilateral Ribhead Hypermobility	Unilateral Ribhead Pain	Bilateral Ribhead Rigidity
Visceral Involvement	Musculoskeletal Involvement	Cervical Indicator(s)
	SI Joint Pain	Lumbosacral Joint Pain
	Anterior/Lateral Thigh Radiculitis	Posterior Thigh Radiculitis
(-) A/F Test	(+) A/F Test - UMS/LLL	

Category Review

Comparison Chart: *Block Placement – Right Short Leg*

Placement for Category 2 (patient is supine) <i>Resets hypermobile SI joint</i>	
Placement for Category 3 (patient is prone) <i>Reduces neuropathy/discopathy</i>	
Placement for Category 1 (patient is prone) <i>Restores sacral "boot," CSF flow</i>	