

Global Physiotherapy Congress

November 17-18, 2016 Atlanta, USA

Evaluation of the impact of iliacus triggers point on angle of pelvic inclination in healthy individuals

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The purpose of our study was to determine the effect of iliacus trigger point on angle of anterior pelvic tilt. 52 healthy students aged 18 to 25 years at Marmara University Faculty of Health Sciences were recruited. 45 students who had iliacus trigger point, included in the study. Before and after iliacus trigger point release technique, participants underwent a measurement of angle of pelvic inclination, a measurement of pain pressure threshold and Thomas test. Before and after iliacus trigger point release technique, paired t test used for analyzing of the angular difference. Average of anterior pelvic tilt of the participants were 10.16 ± 3.85 and after iliacus trigger point release technique statistically significant decrease found in angle of anterior pelvic tilt (7.82 ± 2.64 ; $p < 0.05$). Significant decrease found in Thomas test results ($p < 0.05$) whereas significant increase found in pain pressure threshold ($p < 0.05$). The difference of angle of anterior pelvic tilt may result from decrease of iliacus activation. In case of the decrease of iliacus activation muscle spasm may be released. So it can be the reason of the decrease of Thomas test results. The increase of pain pressure threshold may result from decrease of muscle tenderness. As a result of our study, it was concluded that it is necessary to investigate the presence of iliacus trigger point in the treatment problems such as hip flexor muscle shortening and increased anterior pelvic tilt.

Biography

Emel Mete has completed her Bachelor in Physical Therapy and Rehabilitation from Istanbul University in 2007. She is currently enrolled in the Master programme in the Department of Physical Therapy and Rehabilitation, Marmara University.

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