

Patient Home Exercise CD Index

The DonTigny Home Exercise Program for the Correction of Dysfunction of the Sacroiliac Joint.

**This is the only program specifically designed to correct the cause of common low back pain.
Over 114 slides in a PowerPoint program plus an 18 minute video strip of DonTigny corrections.**

Section 1

- 66 slides includes:
- Initial treatment
- Clinical basis of treatment
- The nature of the correction
- Correction with an Assistant
- Patient Self-management
- The standing corrections
- The seated corrections
- The enhanced seated correction
- Specific core exercises
- Caution with the pelvic tilt
- Stretching to release the fascia
- The proper use of a support
- Correction at bedtime
- Frequency of exercise
- Prevention of dysfunction
- Prevention in sports
- The stable golf stance
- The unstable pelvis

Section 2

- 48 slides includes:
- Basic Anatomy and mechanics
- Pelvic Rotation
- Basic pelvic loading
- The line of gravity
- The force couple
- Ligamentous balanced loading
- Direct and indirect effects of subluxation
- Contraindications
- Invasive techniques