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

Richard DonTigny, PT • 2025 10th Avenue • Havre, Montana 59501