Deductive Reasoning and the Specific Active Straight Leg Raise Test

The active straight leg raise test is a load transfer test known to be reliable, sensitive, specific and valid for postpartum women with pelvic girdle pain (Mens et al 1999, 2000, 2001). Clinically, the test is useful for not only postpartum women, but for men and women of all ages with or without pelvic girdle pain and for all levels of function. Although not yet validated scientifically, we (Lee & Lee) have developed specific modifications of this test and use them in combination with deductive reasoning and the system-based model to help

1. differentiate the region primarily causing the non-optimal strategy for lifting the leg (i.e. to determine when the pelvis or the thorax is the criminal or the victim), as well as to
2. prioritize which system within either the pelvis or the thorax (neural, articular, myofascial or visceral) requires further analysis prior to planning treatment

In this workshop the specific modifications of the ASLR test developed by Lee & Lee will be demonstrated. At the end of this workshop, the participant will understand how the specific ASLR test can be used for regional differentiation (what area to further assess) and for prioritizing which system (articular, neural, myofascial and/or visceral) requires further analysis. The specific ASLR test can be used throughout the clinical process and together with deductive clinical reasoning helps to direct prescriptive system-based treatment for restoring optimal strategies during loading of the trunk.