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The effects of sacroiliac joint mobilization on pain, function, and mobility in patients with ankylosing spondylitis: Report of two cases

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Introduction: The first complain in Ankylosing Spondylitis (AS) is usually sacroiliac joint (SIJ) pain and morning stiffness. Aside from inflammation, the SIJ pain was reported to be related with joint damage and mechanical stress. Many different methods are applied for the treatment of SIJ pain.

Aim: The aim of this study was to investigate the effects of SIJ mobilization (SIJM) on pain, function, and mobility in patients with AS.

The Cases: One of the two cases with SIJ pain was a 46-year-old male and the other was a 34-year-old female. The cases received seven sessions of mobilizations with movements (MWM) according to the Mulligan concept, repeated every four days. The patients were assessed for SIJM right before and after the first session and for pain, function, and mobility at 2nd and 8th sessions.


Outcome: Decrease in pain and increase in functional performance and mobility were noted in both cases at the end of eight sessions.

Conclusion: These cases have demonstrated that SIJ joint mobilization is effective in improving pain, function, and mobility of patients with ankylosing spondylitis. For clearer contributions to the literature, studies with increased number of cases should be conducted.

Speaker Biography

Songül Baglan Yentur continues her PhD from Gazi University, Turkey and has completed master programme from the same university. She is a research assistant at Gazi University, Turkey.

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