Unraveling the Mystery of Low Back Pain #5: Supraspinous Ligament Sprains

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Webinar Goal

Explore the assessment and treatment of supraspinous ligament injuries:

- Supraspinous ligaments L1-L5
- Suprasacral ligaments
Pretest

1. The supraspinous ligament is also known as the supraspinal ligament. True or False?
2. The suprasacral ligament connects the sacrum to the ilium. True or False?
3. The interspinous ligament is not continuous from vertebra to vertebra; it only connects two spinous processes to each other. True or False?
4. The supraspinous ligament in the low back limits lumbar flexion. True or False?
5. The posterior layer of thoracolumbar fascia and multifidus muscles combine to form the lumbar supraspinous ligaments. True or False?
6. The suprasacral ligament holds the sacrum to the pelvis. True or False?

Anatomy

Anatomy of the Supraspinous Ligaments

• Connect all five lumbar vertebrae
• Connect L5 to the sacrum
• Sometimes called the supraspinal ligaments
Anatomy of the Supraspinous Ligaments

- Run between the tips of the spinous processes
- Form a continuous line from one to the next
- Small degree of elasticity
- Limit forward flexion and help stabilize the lower spinal area
Anatomy of the Interspinous Ligaments

- Underneath the supraspinous ligaments
- Thin, membranous structures
- Connect adjoining spinous processes, from root to apex
- Connect with the ligamenta flava and supraspinous ligaments
- Narrow and elongated in the thoracic region
- Broader and thicker in the lumbar region
- Not continuous

Connections with Other Structures

- Thoraco-lumbar fascia
- Longissimus thoracis muscle
- Multifidus muscle
Anatomy of the Suprasacral Ligaments

- Extension of the supraspinous ligaments
- Connect the bony protuberances on the sacrum
- Provide stability and structure

Assessment

Test 1: Active flexion
Test 2: Active extension

Test 3: Side-flexion

Palpation

- Center of each lumbar vertebra
- Continue down to the sacrum and coccyx
- Any pain indicates an injury
- Video
Theory

Assessment Results for Supraspinous Ligament Injuries

- Pain on forward flexion
- Sometimes pain on extension and/or side-flexion
- Local pain on palpation

Risk Factors for Supraspinous Ligament Injuries

- Insufficient strength in the stabilizing muscles
- Insufficient flexibility of hamstrings and quadriceps
- Head-forward posture
- Slumping in a chair
Treatment

Friction Therapy

Myofascial Therapy

Watch the video at the end of the Webinar
Massage Therapy

Primary Low Back Exercises

Questions

Facebook.com/DrBenBenjamin
Post-test

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