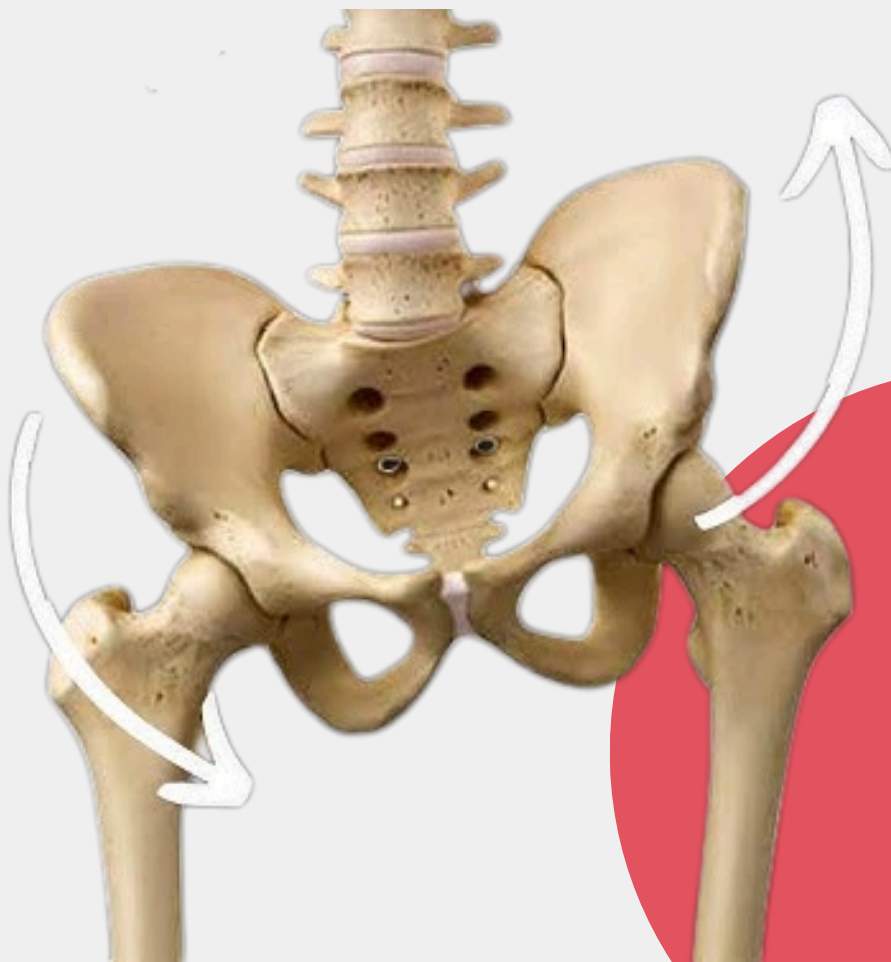


# Myotatic Activation Procedures

**MAP for Pelvic-related LBP**

**PRESENTED BY LEONI VILJOEN**



# MAP

*"Ignorance is bliss;  
Knowledge is power;  
Wisdom is application;  
Discernment is responsibility."*



Tradition would say to treat the low back. MAP would ask, "What is causing the low back pain?"

To ignore the rest of the body is not bliss for the low back because the low back is the symptom, highly likely not the cause. This knowledge is power.

Wisdom is to apply movements that not only help the low back, but also decipher what is causing the low back pain. Therefore, discernment to use the best movements to attack the cause and not facilitate pain is the responsibility.

## Low Back Pain

# MAP



## The Missing Link Between Spine and Pelvis Dysfunction



The pelvis forms the foundation for the spine—any imbalance or dysfunction in the pelvis will directly influence spinal stability and movement.

Yet, in many spinal evaluations, one critical structure is often overlooked:

**The Pubic Symphysis Joint** – A Central Pillar in Pelvic Stability.

The pubic symphysis disc:

- Connects the left and right pelvis
- Balances forces from the SIJ
- Transmits weight and stress between the upper and lower body

Irritated, inflamed, or misaligned disc = destabilizes the entire pelvic ring.

# Symphysis Pubis

# MAP

## Disruption in Pubic Symphysis



### Clinical clues

- Chronic low back pain unresponsive to typical treatment
- Asymmetrical pelvic tilt or rotation
- Groin pain or pelvic pressure
- Pain with unilateral weight-bearing (e.g., standing on one leg)

### EFFECTS:

Upward: Compensations in lumbar spine posture, SIJ mechanics, and even thoracolumbar rotation.

Downward : Alter hip loading, gait mechanics, and lower limb muscle firing patterns.

Addressing this central, stabilizing structure may  
unlock the key to resolving complex  
biomechanical issues that standard treatments  
miss.