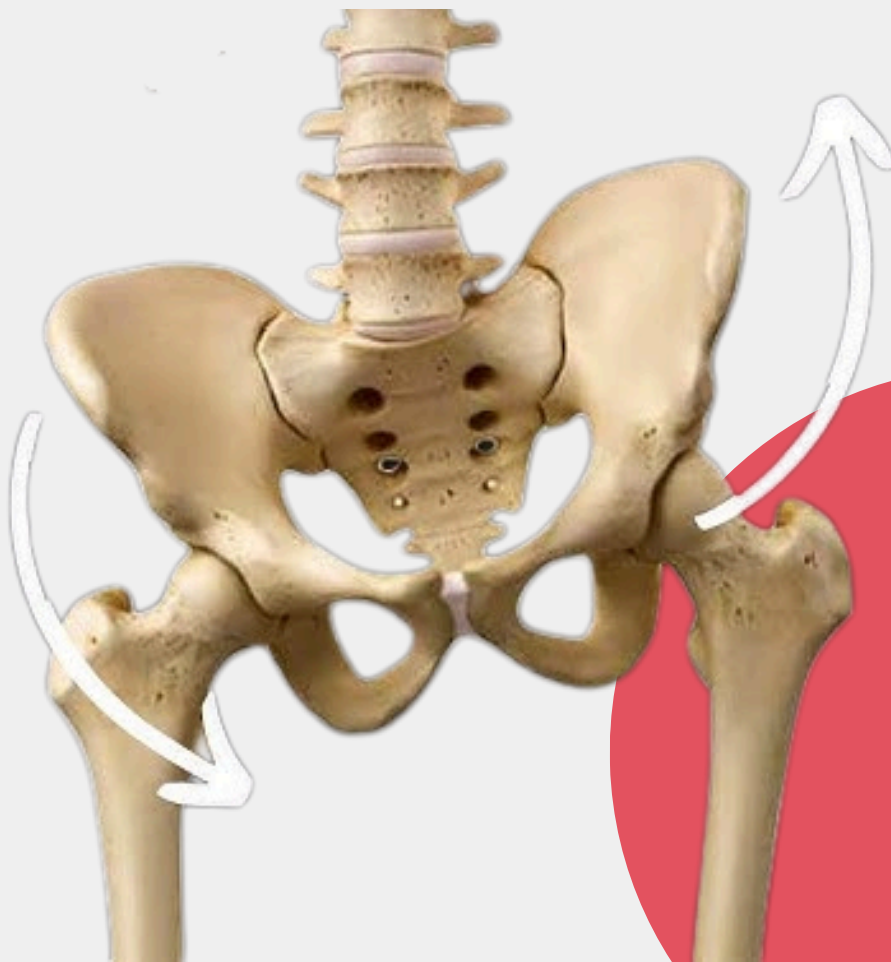


Myotatic Activation Procedures

MAP for the Pelvis

Presented by Leoni Viljoen



Why MAP for the Pelvis course?

Low back pain (LBP) is one of the most common conditions encountered in physiotherapy, yet it remains a daily clinical challenge.

When the cause of pain is correctly identified, LBP can however be very responsive to treatment.

Many practitioners focus primarily on the lumbar vertebrae and SIJ, often overlooking **the pelvis** as a potential source of asymmetrical loading or instability.

MAP for the Pelvis provides a structured approach to identifying and treating the cause of pain, rather than pain itself.

MAP will transform the way you view and manage movement and pain in clinical practice.



Why the Pelvis?

The Pelvis is the central link of the body, acting as the intersection that transfers information between the upper and lower body. It plays a vital role in **posture** and serves as the body's main support structure

The Pelvis forms the foundation for the spine, any imbalance or dysfunction here will directly influence spinal stability and movement.

At the lumbosacral junction—where the spine meets its base of support—the Pelvis facilitates normal joint articulation and muscle balance, directly influencing the **alignment** of the entire spine.

A misaligned Pelvis may therefore contribute to a wide range of symptoms, from headaches to achy feet.

The Pelvis allows for optimal function of the body.



Joints of the Pelvis



- The Pelvis forms the socket of the **hip** and plays a key role in any hip pathology.
- The sacrum is wedged between the iliums of the pelvis – influencing **SIJ** stability and function.
- **Pubic symphysis** dysfunctions contribute to hip, groin & knee pain.

Pubic Symphysis

The missing link...

In many spinal or pelvic assessments, this critical structure is often overlooked:

The Pubic Symphysis is a central pillar in Pelvic stability:

- Connects the pelvic halves
- Balances forces from the SIJ
- Acts as a shock absorber
- Transmits weight and stress between the UL and LL

An irritated, inflamed, or misaligned disc can destabilises the entire pelvic ring.

MAP



The Pelvis forms the foundation for the spine – any imbalance or dysfunction will directly influence spinal stability and movement.

Dysfunction in **the Pelvis** may lead to:

- Chronic LBP
- SIJ pain
- Hip bursitis
- Groin pain
- Achilles tendinopathy, ITB, etc
- Altered hip loading & gait
- Changed Lower limb muscle firing patterns

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

What you'll gain from this MAP course?



- A new approach to assessment;
- Enhanced diagnostic skills;
- Practical MAP techniques you can apply immediately;
- Improved clinical outcomes through treating the true source of pain.

With MAP you will learn to treat smarter, not harder.

Once you experience the simplicity and effectiveness of MAP, you'll understand why the Pelvis takes priority.

The MAP journey develops naturally from there.