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ORIGINAL ARTICLE

THE EFFICACY OF MAITLAND'S MOBILIZATION ON THE INDIVIDUALS WITH SACROILIAC JOINT DYSFUNCTION

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Abstract

Aims and Objectives: The term dysfunction describes the loss of movement known as joint play or accessory joint movement. The purpose of the study is to identify the sacroiliac dysfunction and to study the effect of Maitland's Mobilization on the individuals diagnosed with Sacroiliac dysfunction. The objective of the study is to find out the efficacy of Maitland's Mobilization on the individuals with Sacroiliac dysfunction. **Methods:** The total subjects (N = 30) for the study were selected by Purposive sampling. The age of study population ranged from 20-50 years of both sexes. The patients were randomly assigned into two groups, experimental and control. The experimental group is given Maitland's mobilization and exercises for Abdominal and Multifidus muscle strengthening. The control group is given Abdominal and Multifidus muscle strengthening exercises. **Results:** Two groups were compared for pain using V.A.S & functional disability by Modified Oswestry Low Back Pain Disability Questionnaire (M.O.L.B.P.D.Q). Pre & post assessment values within the same group were analysed by paired "t" test. The mean difference of M.O.L.B.P.D.Q after 7 days treatment was 25.67 and 3.47, V.A.S showed a mean difference of 6.47 and 3.47 respectively in experimental and control group. The Values between the experimental & control group were compared using the student "t" test and found significant difference in reduction of pain and functional disability. **Conclusion:** The study concluded that Maitland's mobilization is a highly effective technique for the treatment of sacroiliac joint dysfunction.

Keywords: Sacro Iliac Joint Dysfunction, Maitland's Mobilization, Modified Oswestry Low Back Pain Disability Questionnaire, Visual Analog Scale.