

# New study examines efficacy of manual therapy for sacroiliac joint pain

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A recent study led by researchers at University Hospitals (UH) published a systematic review and meta-analysis examining the efficacy of manual therapy for sacroiliac joint pain syndrome (SIJPS). The study, titled "Efficacy of manual therapy for sacroiliac joint pain syndrome: a systematic review and meta-analysis of randomized controlled trials," was recently [published](#) in the *Journal of Manual & Manipulative*

## *Therapy.*

SIJPS is a common cause of [low back pain](#), with up to 38% of cases of adult low back pain related to this condition. There is currently no agreement on the most appropriate treatment for SIJPS, although conservative interventions such as exercise and manual therapy are often used first.

The study reviewed 16 randomized controlled trials involving 421 adults with SIJPS. The researchers found very low certainty evidence that manual therapy did not significantly reduce pain and low certainty evidence that manual therapy provided a moderate and statistically significant reduction in disability among adults with SIJPS.

"Our findings suggest that manual therapy is a viable conservative treatment option for disability related to sacroiliac joint pain syndrome," said Dr. Robert Trager, a chiropractic physician and lead author of the study. "However, the efficacy of manual therapy for pain related to this syndrome is unclear at this time."

The study also explored whether specific manual therapy techniques, such as high-velocity, low-amplitude thrust manipulation, muscle energy techniques, or soft tissue techniques, were more beneficial than others. However, the researchers were unable to determine whether certain manual therapies were superior to limitations in the data.

"This study gives insights into the potential benefits of spinal manipulation, a type of integrative health modality that is often sought by patients with low back pain and sacroiliac joint pain [syndrome](#)," said Dr. Françoise Adan, Chief Whole Health and Wellbeing Officer for UH; Director of UH Connor Whole Health; and Christopher M. and Sara H. Connor Chair in Integrative Health.

The authors emphasize that their findings should be viewed with caution until additional high-quality randomized controlled trials are available, such as those which compare manual [therapy](#) treatments with exercise.

**More information:** Robert J. Trager et al, Efficacy of manual therapy for sacroiliac joint pain syndrome: a systematic review and meta-analysis of randomized controlled trials, *Journal of Manual & Manipulative Therapy* (2024). [DOI: 10.1080/10669817.2024.2316420](https://doi.org/10.1080/10669817.2024.2316420)

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