

Boro WJ, Blum CL. A Novel Approach to Testing Foot Mechanics and Dysfunction Utilizing SOT blocks: A Case Report. 2nd Annual Sacro Occipital Technique Research Conference Proceedings: New Orleans, LA. 2010:70-4.

Introduction: This case report discusses a novel use of manual muscle testing to evaluate postural challenges to the foot and its arches. A method of using sacro-occipital technique (SOT) pelvic blocks to stress the foot in various positions is described. 69-year-old female patient presented to this office for left hip pain since early 2010 with multiple medical conditions necessitating extensive medications.

Methods/Interventions: Following one-office visit treating the patient for SOT category two syndrome she reported 90% reduction in her left hip pain, however following a vacation involving extensive walking her condition had returned. A specific evaluation revealed bilateral rear-foot eversion with concurrent forefoot inversion. Treatment followed a novel whole body approach to the craniospinal system.

Results: Following treatment the patient was asked to challenge the treatment by increased walking and prior triggers such as yoga, however even one-month post treatment the left hip pain had not returned.

Conclusion: While clinically these tests have been used successfully with many patients, this is the first case report written to share this with other healthcare practitioners. Greater study across patient population groups is indicated along with

determining specific subsets of patients who would benefit from this type of care.