

# Spinal Blocking

The Sacrum is Blocked for a Retrolisthesis or a Spondylolisthesis

## Blocking to Correct a Retrolisthesis of L5:

- Block to flex the sacrum
- Weight the front over the 5th Lumbar for at least 20 minutes (for ligament creep) before bed each night to eliminate pain
- 90 days are required for the sacral base to align with the vertebral body of L5

## Blocking the Sacral Apex:

- Blocking overcomes the dynamic and static stretch reflexes and achieves a faster, more effective correction than adjustive thrusts
- Blocking the sacral apex and weighting low on the pelvis for 20 minutes will re-align the sacral base with the body of L5
- As the patient returns to gravity the spine re-aligns and the "ligamentous creep" of the blocking will help the mobilization to hold and stabilize longer

## Blocking for Spondylolisthesis:

- Blocking the entire sacrum and weighting the body of L5 will allow L5 to re-align with the sacral base
- Weight the patient's abdomen beginning with 25 lbs for 20 minutes and increase in 25 lbs increments as the patient's tolerance increases
- This technique will correct up to a Grade II Spondylolisthesis

