



Jones Institute Europe

Strain Counterstrain

Technique Presentation

QL Quadratus Lumborum

- Origins:**
1. Iliocostalis fibers 12th rib
 2. Lombocostalis fibers 12th rib
 3. Iliolumbar fibers transverse processes of L1-L4
- Insertion:**
1. Iliocostalis fibers-posterior of iliac crest
 2. Lombocostalis fibers-transverse processes of L2-L4
 3. Iliolumbar fibers-posterior half of iliac crest
- Action:**
1. Side-bend lumbar spine to same side
 2. Hikes ipsilateral hip
 3. Lumbar extension
- Tender points:**
1. Lateral tip of transverse processes of L2-L4. Push medially.
 2. Area between the 12th rib and transverse process of L1. Push anteriorly.
 3. 2cm above posterior crest of ilium.
- Referral Pattern:**
1. Sacroiliac
 2. Lower buttocks
 3. Posterior crest of ilium
 4. Greater trochanter of hip
- Complaint:**
1. Lateral trunk shift
 2. Decreased side-bending away
 3. Pain with prolonged sitting
 4. Pain rolling in bed
- Treatment:**
- Patient prone. Operator stands on same side as tender point.
- Side-bend – trunk toward tender point side
- Side-bend – legs toward tender point side
- Abduction – ipsilateral hip moderate
- Rotation – flex knee and let foot fall toward buttock to produce external rotation at hip. Sometimes adding hip extension or flexion helps

