



**Structural Management®**  
*The Future of Sportsmedicine*

## **Principles of Structural Management® As Related to Spinal/Pelvic Biomechanics**

- 1) Any joint under an **elevated stress** over some period of time will produce a restrictive response from the body, including some or all of the following; muscle tension adaptations, joint capsule changes, neurological irritations, bone growth changes and compensatory positioning by surrounding joints and muscles.
- 2) **Elevated stress** can be due to architectural, biochemical, emotional or biomechanical imbalances, producing micro-stresses over time. It can also be due to a macro-stress, such as a slip or fall, auto accident or any other traumatic injury.
- 3) Any joint under increased micro- or macro- stresses, if left unattended, will at some point become “fixed” relative to the normal mobility that occurs in a normal functioning motor unit of the spine.
- 4) This fixation of a joint will produce a physiological change in that joint over time, including one or more of the following; joint degeneration, restricted range of motion, neurological irritation and a compensatory response from surrounding joints and muscles.
- 5) Much research has been done on “pain” associated with regions of fixation and degenerative changes. There is no direct correlation between fixation or degeneration of a joint and pain.
- 6) However, fixation and degeneration of joints are the precursors to tissue adaptations in the body, and a restricted range of motion, shortening of involved muscles, reduced neuro-musculo-skeletal function and ultimately, symptoms predictably will result from joint fixation and degeneration.
- 7) The symmetry of the feet, primarily the medial arches, is critically important in producing a biomechanically balanced structure.
- 8) Joint function can be impaired, or compromised, with imbalances in one or both feet, relative to a foot with normal and healthy medial, lateral and transverse arches.
- 9) Center of gravity of the structure is a critical standard of measurement when predicting potential of fixation and degeneration of joints.



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- 10) Center of gravity is influenced primarily by the eyes, the feet and the biomechanics of the structure, including joint and muscle weakness and joint fixation/degeneration.
- 11) If joint fixation and structural center of gravity are left unattended, there will be an acceleration of breakdown and loss of function, as well as a cascade-like “breakdown” effect throughout surrounding joints, nerves and muscles over time.
- 12) The compensatory effect throughout an entire structure can produce elevated joint stress in non-contiguous regions, or regions not immediately surrounding the primary site of fixation.
- 13) A chiropractic adjustment is a passive mobilization of a joint producing minimal to maximal physiological benefits.
- 14) A mobilized joint has the ability to absorb and disperse stress more efficiently than a fixated or degenerated joint.
- 15) A fixated or degenerated joint has a reduced ability to disperse stresses, producing an adaptive response (accumulation of stresses) from the surrounding tissues.
- 16) Acute injuries of the neck and low back are more closely associated with fixated or degenerated joints, and will require a longer recovery time than an injury to joints with good mobility.