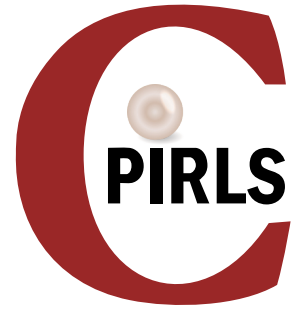


Safer Practice Notice



Monitoring and analysing chiropractic patient safety incident reports enables the CPiRLS Team to provide advice that can assist in ensuring improved standards of chiropractic patient safety. This Safer Practice Notice is a fast-track advice notice for all chiropractors.

Reducing the risk of pelvic girdle post treatment pain and/or bruising

Notice issued: June 2022



Risk:

Pain and/or localised bruising following manual therapy to the pelvic girdle region.

Evidence:

A review of the CPiRLS database (2009-2019) identified a theme of distress or pain following treatment of the pelvic girdle. A modality frequently associated with post-treatment pain was soft tissue work (commonly reported as Trigger Point Therapy) to the gluteal region. Both pain and localised bruising were reported as outcomes. All of the reported incidents featured patients over the age of 45 years with the majority recorded as female. Other manual therapies associated with distress or pain to the pelvic girdle included Spinal Manipulative Therapy (SMT), use of a drop-piece table and mobilisation.

Recommended actions:

- Advise patients of the potential for pain and/or localised bruising prior to performing procedures to the pelvic girdle, particularly if applying soft tissue work such as Trigger Point Therapy.
- Take particular care with patients who are female and over 45 years of age.
- Take particular care in the application of soft tissue treatment in those who are taking clinically-relevant medications¹ and/or have skin frailty².

References:

1. <https://www.nhs.uk/conditions/anticoagulants/> (Accessed 4 April 2022)
2. Dyer JM, Miller RA (2008). Chronic skin fragility of aging: current concepts in the pathogenesis, recognition, and management of dermatoporosis. *Journal of clinical and aesthetic dermatology* 11(1):13

Further Reading:

NICE Clinical Knowledge Summaries. Bruising: What causes it? <https://cks.nice.org.uk/topics/bruising/background-information/causes/> (Accessed 30 May 2022)

Further information:

To read reported cases, and for further information about chiropractic patient safety incident reporting, visit <https://www.cpirls.org>.