



The Rehabilitation of Sports Muscle and Tendon Injuries

THE Cyriax METHOD

Lammertijn D

OMI Team, Belgium

Before any form of treatment is undertaken, precise diagnosis is mandatory. The Cyriax system is in the first place a diagnostic system.

Because of the lack of specificity of many technical investigations (especially in chronic lesions) it is still the clinical examination to decide whether a lesion is significant or not. The principle of diagnostic procedure is functional testing, based on selective tension, using physiological movements (passive and resisted movements), of inert and contractile structures and the recognition of patterns (patterns of pain, of limitation and of weakness). The pattern of a lesion in a contractile structure is pain and eventually weakness on maximal isometric contraction sometimes combined with pain and eventually limitation of the passive movement in the opposite direction (non-capsular pattern of limitation).

The treatment techniques used in the Cyriax method depend entirely on the type of disorder and thus of the diagnosis.

For disorders of the contractile structures the main techniques are infiltration and deep transverse massage. The rationale for using deep transverse massage (a form of soft tissue mobilization) is the beneficial effects of cyclic loading and motion on the repair and remodelling of healing musculoskeletal tissues.