

,The C.H.R.I.S. Theory of Back Pain. A Revolutionary addition to the  
Study of the Biomechanics of the Back with Wide Ranging  
Consequences in Sports Medicine.

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The Western Australian Sports Injury Study 2001 showed that although Back injury only accounts for approximately 5 % of sports injuries, back pathology was found to be the most important predictor of total sports injury incidence, showing an almost 70 % increase in the risk of injury. The C.H.R.I.S. theory (Chin Hip Rib Impaction syndrome) is a unifying theory which explains how a previously unidentified biomechanical mechanism contributes to the aetiology and perpetuation of back pain, disruption of core stabilizer muscles, musculoskeletal chest wall and abdominal pain, groin pain, ostitis pubis, sacroiliac joint dysfunction, hamstring and iliotibial band strain, iliopsoas strain, pelvic floor weakness, pelvic instability and lower limb injuries including hip, knee and ankle injuries. The theory postulates that unknown to most of us; the lower ribs often impacts on the iliac crest contributing to biomechanical forces in the lumbosacral and pubic area. It also causes an impingement to the lateral abdominal muscles, nerves and subsequent muscle spasm and the development of myofascial trigger points and enthesopathy of surrounding muscles and sacroiliitis. Most people are unaware of the limited amount of space between the 11<sup>th</sup> rib and the top of the iliac crest and that they can and often easily impact on each other. Awareness of this theory will enable people to modify and improve on their postures, movements exercise and training programs to reduce their risk of sports injuries and even enhance their performance. I hope that my presentation of this paper will stimulate further discussion and research.