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ORTHOPAEDIC SPECIALISTS OF NC

## SACROILIAC (SI) JOINT EXERCISES

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Your sacroiliac (sa-kro-il-E-ak) joint is where your tailbone or sacrum joins your hipbone, also called the pelvis or ilium. This joint is held together by many tight bands called ligaments. These may become stretched over time because of poor postures, accidents, falls, repeated movements, or pregnancy. Pain in the lower back can result from this problem.

To help relieve the pain, use the following as directed by your doctor or therapist:

**Sacroiliac Belt** - Wear for \_\_\_\_\_

**Heat** - Use for \_\_\_\_\_ minutes \_\_\_\_\_ times each day

**Ice** - Use for \_\_\_\_\_ minutes \_\_\_\_\_ times each day

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## EXERCISES

Many of these exercises can be done on the floor, on a sturdy table or counter, or on a firm bed.

Do each exercise \_\_\_\_\_ times a day. Repeat each exercise \_\_\_\_\_ times.

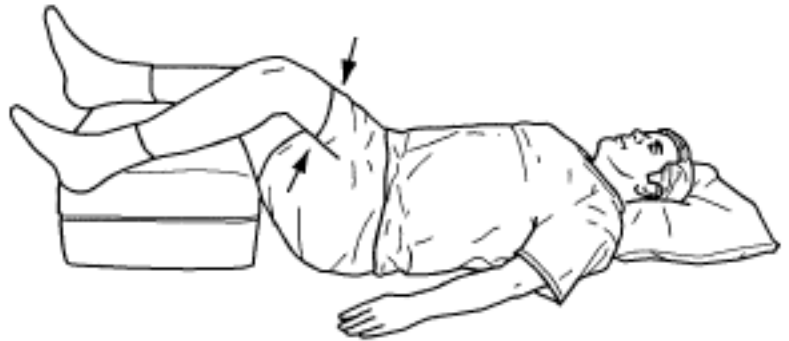
Hold each position for \_\_\_\_\_ seconds.

### HIP FLEXION / EXTENSION ISOMETRIC HOLDS

o Lie on your back. Use a box or several firm pillows under your lower legs and rest your head on a small pillow.

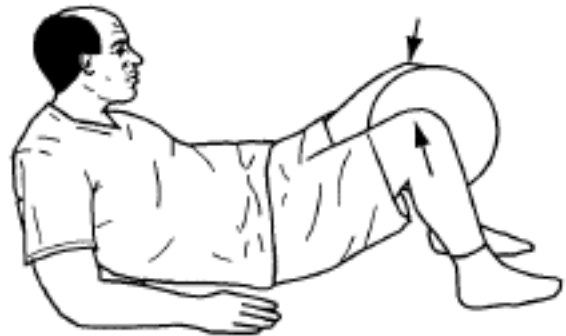
*\*If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0445.*

- o Cross your \_\_\_\_\_ leg over the other.
- o Squeeze your legs together. Hold, then relax and repeat.



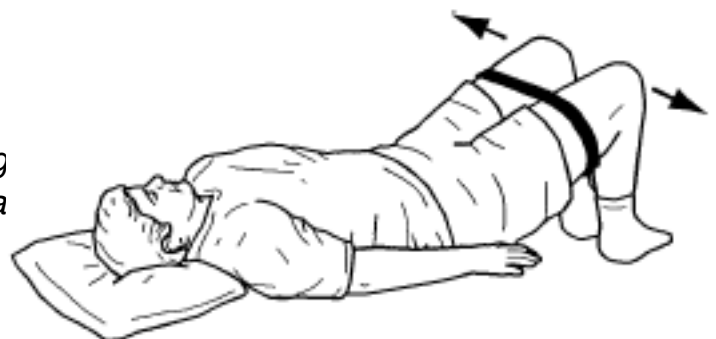
## HIP ADDUCTION ISOMETRIC HOLD

- o Lie on your back. Rise up onto your elbows to support your upper body, or you can lie flat.
- o Bend your knees, resting your feet flat.
- o Place a pillow or ball between your knees.
- o Push your knees together, squeezing the pillow or ball.
- o Hold, then relax and repeat.



## HIP ABDUCTION ISOMETRIC HOLD

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- Lie on your back, with your knees bent.
- Tie a belt or wide cloth strip loosely around your knees.
- Push your knees out against the belt.
- Hold, then relax and repeat.

## **QUADRATUS LUMBORUM / HIP ABDUCTOR STRETCH**

- Lay on your \_\_\_\_\_ side.
- Bend your top leg and rest it in front of your lower leg.
- Turn your upper body to face the ceiling.
- Push your top leg against the floor or table.
- Hold, then relax and repeat.



## **SELF-TRACTION IN STANDING**

- Stand on a step, holding onto a railing for support.
- Stand with your \_\_\_\_\_ foot on the step and let your other foot dangle.
- Relax and hold this position for \_\_\_\_\_.
- Add a \_\_\_\_\_ pound ankle weight on your \_\_\_\_\_ foot for this exercise.



## **MORE EXERCISES TO STRETCH AND STRENGTHEN YOUR SI JOINT**

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## **SINGLE KNEE TO CHEST (GLUTE) STRETCH**

- Lie on the floor, table or bed.
- Rest your \_\_\_\_\_ leg on the floor or let it dangle off the table or bed.
- Bend the other leg and wrap your hands around your knee.
- Pull the bent leg toward your chest.
- Hold, then relax and repeat.



## **GLUTE / PIRIFORMIS STRETCH SUPINE**

- Lie on your back. Cross your \_\_\_\_\_ leg over your other leg above the knee.
- Wrap your hands under your knees.
- Use your hands to pull your knees towards your chest.
- Hold, then relax and repeat.



## **GLUTE / PIRIFORMIS STRETCH SITTING**

- Sit on the floor with your legs out straight. Bend your \_\_\_\_\_ knee and cross over the other leg at the knee.
  - Use the arm on the side of the bent knee to reach back and
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support your upper body.

- With the other arm, reach across the bent knee to your other leg.
- Push your arm against your knee to stretch it toward the \_\_\_\_\_.
- Hold, then relax and repeat.



## **PRONE LUMBAR / HIP STRENGTHENING**

- Lie on your stomach with legs out straight.
- Place your arms:

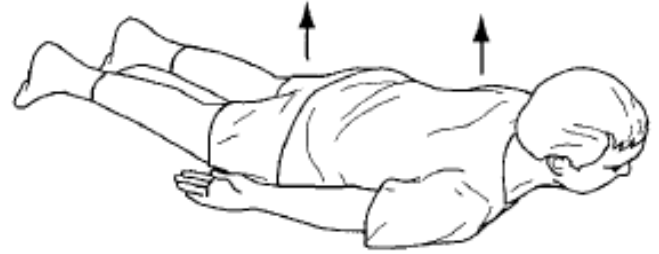
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\_\_\_\_\_ along your sides

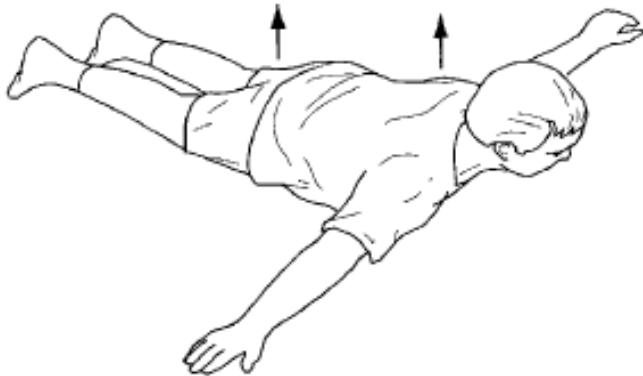
\_\_\_\_\_ straight out from your sides

\_\_\_\_\_ over your head

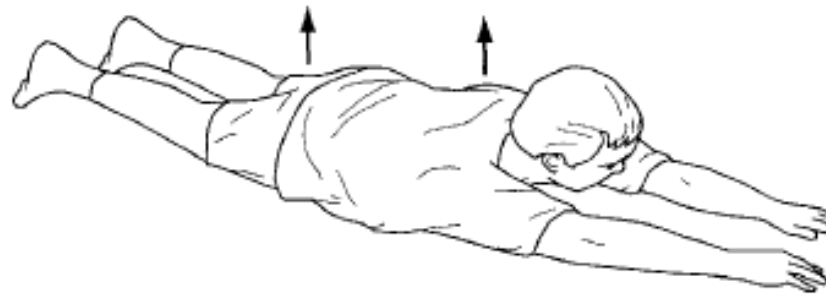
- o Raise your upper body and hips off the floor as you can. Hold, then relax and repeat.



**Arms along your sides**



**Arms straight out from your sides**



**Arms over your head**

## **USE GOOD BODY MECHANICS AND POSTURE TO EASE STRESS ON YOUR SI JOINT.**

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- Avoid postures that put uneven weight on one side or the other, such as:
  - Crossing your legs
  - Putting all your weight on one leg while standing
  - Resting your weight on one hip while sitting
  - Avoid bending at the waist to pick up things off the floor. ○ Avoid stair climbing or walking up steep inclines.

**LET YOUR DOCTOR OR THERAPIST KNOW RIGHT AWAY IF YOU NOTICE MORE OR NEW SYMPTOMS:**

- Increased pain down your legs
- Weakness in your legs
- Loss of control of your urine flow

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