

Sacroiliac (SI) Joint Exercises



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

Exercises

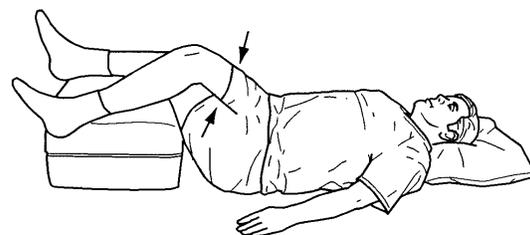
Many of these exercises can be done on the floor, on a sturdy table or counter, or on a firm bed.

Do each of the exercises _____ times a day.

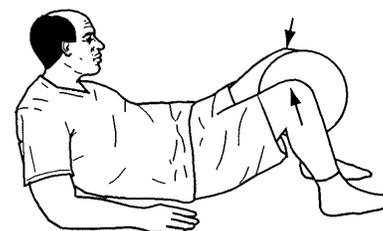
Repeat each exercise _____ times each session.

Hold each position for _____ seconds.

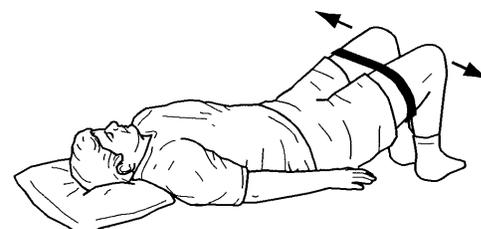
- Lie on your back. Use a box or several firm pillows under your lower legs and rest your head on a small pillow. Cross your _____ leg over the other. Squeeze your legs together. Hold, then relax and repeat.



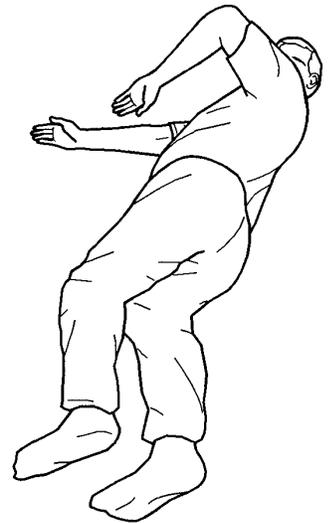
- Lie on your back. Rise up onto your elbows to support your upper body, or you can lie flat. Bend your knees, resting your feet flat. Place a pillow or ball between your knees. Push your knees together, squeezing the pillow or ball. Hold, then relax and repeat.



- 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.



- ❑ 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.

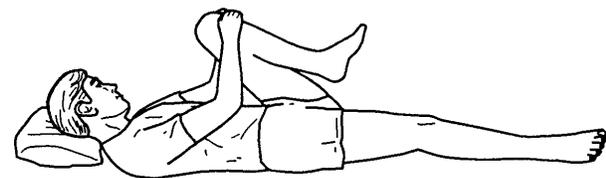


- ❑ Stand on a step, holding onto a railing for support. Stand with your _____ foot on the step and let your other foot dangle. Relax and hold this position for _____. Add a _____ pound ankle weight on your _____ foot for this exercise.

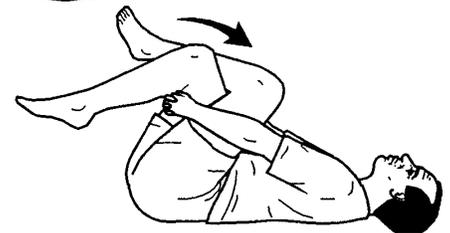


More Exercises to Stretch and Strengthen Your SI Joint

- ❑ 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.



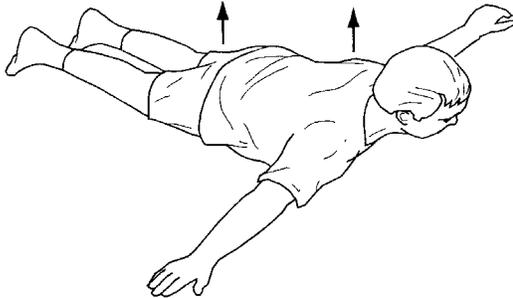
- ❑ Lie on your back. Cross your _____ leg over your other leg above the knee. Wrap your hands under your knees. Use your hands to pull your knees towards your chest. Hold, then relax and repeat.



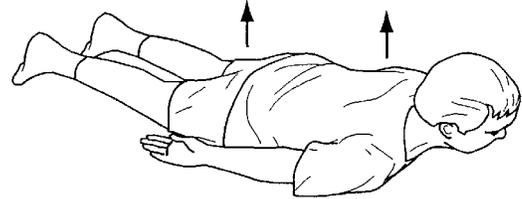
- ❑ Sit on the floor with your legs out straight. Bend your _____ knee and cross over the other leg at the knee. Use the arm on the side of the bent knee to reach back and support your upper body. With the other arm, reach across the bent knee to your other leg. Push your arm against your knee to stretch it toward the _____. Hold, then relax and repeat.



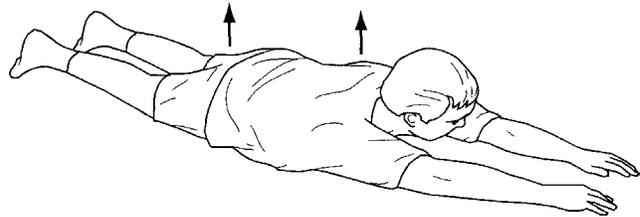
- Lie on your stomach with legs out straight.
Place your arms: _____ along your sides
 _____ straight out from your sides
 _____ over your head



Arms straight out from your sides



Arms along your sides



Arms over your head

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

Use good body mechanics and posture to ease stress on your SI joint.

- 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

If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.