

Sacroiliac joint exercise

Performing range of motion exercises directed at the SI joint can help to improve movement, and strengthen muscles & ligaments around the joint.

1. Single knee to chest stretch.

Pull one knee up to the chest at a time, gently pumping the knee three to four times at the top of the range of motion.

Repeat ____ times each side

Do ____ sets a day.



2. Press-up.

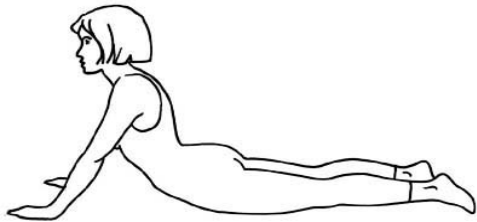
From the prone (lying on your stomach) position, press up on the hands while the pelvis remains in contact with the floor.

Keep the lower back and buttocks relaxed for a gentle stretch.

Hold the press-up position initially for five seconds, and gradually work up to 30 seconds per repetition.

Repeat ____ times.

Do ____ sets a day.



3. Lumbar rotation.

Starting by lying on the back with both knees bent, keep the feet flat on the floor while rocking the knees from side to side.

The thighs should rub together and the knees will not move very far. The lower spine should remain fairly still. Rock the knees for 30 seconds.

Repeat ____ times each side

Do ____ sets a day.

