

STRETCHING FOR SIJ – PHASE 1

YOUR REHABILITATION PROGRAMME

This exercise programme has specific exercises to strengthen muscles around your lower back, sacro-iliac joint and pelvis. The exercises will improve your core strength and control as well as stretch and mobilise tight structures. In order to achieve proper rehabilitation of your injury it is important to ensure the exercises are performed with good technique. Poor practice may place potential strain on your back. The following leaflet includes some exercises to help in your rehabilitation.

GUIDANCE FOR STRETCHING EXERCISES

This exercise programme has specific stretches to target key muscles.

SINGLE LEG BACK STRETCH

Lie flat on your back, and bend your knee towards your chest. Hold this position and feel a gentle stretch in your back. If you get any groin pain while doing this exercise, stop and inform your therapist. Relax, and then repeat as necessary.



SETS	REPS
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 **Video:**
<http://youtu.be/lka-1VKjrew>

PELVIC TILT LYING

Lie flat on your back, and engage your deep core muscles by drawing your belly button inwards (towards your spine slightly), while flattening your spine against the floor, then relax. Repeat as required.



SETS	REPS
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 **Video:**
<http://youtu.be/44D6Xc2Fkek>

HORSE-STANCE OPPOSITE LIFT

Standing up, place your foot on a chair or Swiss ball. Keep your leg on to all fours, and keep good posture. Draw your tummy inwards (towards the ceiling). Lift your hand and opposite knee upwards 1cm and hold this position. Repeat each side. This is a great core stability and core control exercise to work the abdominal muscles.



SETS	REPS
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 **Video:**
<http://youtu.be/R5ScHb9eiXU>

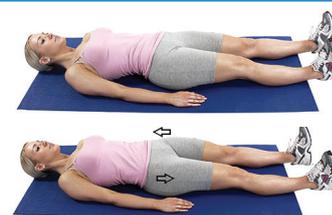
Hold all the stretches for 20 seconds each and repeat them five times on each side. It is important to stretch the uninjured muscles so that you are well balanced.

PROGRESSION SPEED

Your therapist will advise you on the speed you should progress. Progression is not just about being able to do the exercise but to do it correctly, with appropriate control. If at any time you feel pain or discomfort stop the exercises and consult your therapist.

LUMBAR MOBILISATION LYING

Lying down, lengthen one leg to create a shift in your pelvic level. The other leg is drawn upwards at the same time. This will create a side-bend to your lumbar spine. Repeat each side to increase mobility in your lumbar spine (lower back).



SETS	REPS
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 **Video:**
<http://youtu.be/qiFbJ5H5v8>

SUPINE BRIDGE BASIC

Lie flat on your back, with your knees bent, squeeze your bottom muscles and lift your body upwards. Keep your arms by your side and use them to help you balance. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.



SETS	REPS
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 **Video:**
http://youtu.be/fk_xUE30KIE

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