

STRETCHING FOR SIJ – PHASE 2

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.

FLEXION STRETCH

Sitting crossed legged, round your back forwards and reach forwards in front of you. You should feel a stretch in your lower back and buttocks. Hold this stretch, and return to the start position. Then round your back and reach forwards over one knee hands along the floor. You will feel the same stretch but with some side stretching. Repeat to the other side.



SETS	REPS
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 **Video:**
<http://youtu.be/9nA7g0e5m3s>

LUMBAR FLEXION WITH ROTATION CONTROL

Lie flat on your back, and contract your deep abdominal muscles by drawing your tummy inwards. Bend your hips to 90 degrees, keep your knees together, and rotate the spine. Do not go too far, just a few inches, and keep the movement controlled. This exercise works the lower abdominal muscles, and core control. Remember to breath normally, don't hold your breath.



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

HORSE-STANCE DYNAMIC

Go on to all fours, and keep good posture. Draw your tummy inwards (towards the ceiling). Move your elbow towards your opposite knee, and return to the start position. Repeat each side. This is a core stability and core control exercise to work the deep abdominal muscles.



SETS	REPS
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 **Video:**
<http://youtu.be/Ja4uhk3aRjk>

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.

BACK EXTENSION WITH FOAM ROLLER

Lie on your back, with a foam roller under your lower back. To make the exercise stronger, bend your knees. This exercise helps to arch your lower back (to create what is known as a lumbar Hyperlordosis).



SETS	REPS
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 **Video:**
<http://youtu.be/V6tnskHJ9dM>

GLUTE MEDIUS AND MINIMUS MUSCLE ACTIVATION

Lie flat on your back, with your knees bent, squeeze your bottom. Lie on your side, with your hips just slightly flexed (to about 20 degrees, almost straight). Pre-set your deep abdominal muscles. Think about gently lifting your knee upwards, but do not actually do it. Use the deep muscles around your hip to make a contraction, as if you were going to lift your knee, but your knee will not move. It is a subtle and gentle contraction of the deep hip muscles on the outer hip.



SETS	REPS
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 **Video:**
<http://youtu.be/NTbDIOLEKU4>

SUPINE BRIDGE HARD

Lie flat on your back with your arms by your side, and with your knees bent. Squeeze your bottom muscles and lift your back upwards and straighten one leg. 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/x-b9yvFzLqk>

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