

STRETCHING FOR SIJ – PHASE 3

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.

LUMBAR ROTATION OPPOSITE TWIST

Bend your knees, and keeping your feet flat on the floor, rotate your hips to one side creating a rotation through your lower back. Only go as far as feels comfortable, you do not need to get your knees to the floor. With straight arms, rotate to the opposite side at the same time. This is a strong lower back stretch suitable for more athletic people.



SETS	REPS
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 **Video:**
<http://youtu.be/P7FcRhBg2RQ>

LEG LIFT KNEE FLEXED PRONE

Lift your leg behind you, making sure you keep your knee bent. You can either hold this position as a sustained hold, or move your leg up and down. This exercise predominantly strengthens your gluteal (buttock) muscles, but also your lower back muscles on the side you are lifting.



SETS	REPS
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 **Video:**
<http://youtu.be/UudoV5OHvac>

HORSE-STANCE ABDUCTION

Standing up, place your foot on a chair or Swiss ball. Keep your leg Go on to all fours, and keep good posture. Draw your tummy inwards (towards the ceiling). Lift your elbow and knee outwards and hold this position. This is a great core stability and core control exercise to work the deep abdominal and gluteal muscles.



SETS	REPS
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 **Video:**
<http://youtu.be/rTIB7elZ7vY>

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.

HORSE-STANCE HORIZONTAL

Go on to all fours, and keep good posture. Draw your tummy inwards (towards the ceiling). Straighten your arm in front of you, and your opposite leg behind you. Repeat each side. This is a great core stability and core control exercise to work the deep abdominal muscles. The exercise will also strengthen the lumbar erector and gluteal muscles.



SETS	REPS
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 **Video:**
<http://youtu.be/BTaCXKy53wc>

HIP ABDUCTION WITH BAND

With an exercise band secured around your ankle, and the other end anchored to a fixed object to your side (a table leg), move your straight leg (abduct) away from your body to create resistance in the band. This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles, but also improves balance on your standing leg. The movement out to the side can be small, don't try to lift too high and 'cheat' by hiking up your pelvis!



SETS	REPS
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 **Video:**
<http://youtu.be/mH63IV-5K6s>

GLUTE MEDIUS MUSCLE CONTRACTION WALL

Stand up straight with good posture close to a wall. The side you wish to activate should be away from the wall. Lift your closest leg to a 90 degree angle and push your thigh into the wall. Gently contract your deep abdominal muscles by drawing your stomach inwards. As you push with your leg, you will create a contraction to the opposite side buttock muscles, known as the gluteus medius.



SETS	REPS
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