Milton
CHIROPRACTIC
CLINIC
CAMBRIDGE

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S.I. (Sacro-Iliac) Joint Pain exercises

The Sacro-Iliac Joint is located in your buttocks area and is a major contributor to back pain. It is estimated SI Joint pain is responsible for approximately 15-25% of back pain. The good news is that the right exercises will help with the problem! These exercises here, will A, mobilise this join and B, I'm helping you to stabilise the joint as well.

1 - Movement In The S.I. Joint

1 - Lay on your back, pull one leg towards your chest as far as you can.

2 - Make sure with the other leg doesn't come up, really push your knee into the bench. This creates maximum torsion in the SI joint. Hold for 10 secs.

3 - Repeat on opposite side.

4 - Perform x3 Reps on each side daily.

2 - Activating The Gluteus Maximus

1 - Perform a normal squat with a little bit of a kick, place your feet facing outwards. It's called external rotation.

2 - Come all the way down and all the way up,

3 - When you get to the top, make sure to squeeze your buttocks and push your belly a little bit forward.

4 - Complete 10 repetitions, x3 sets daily.

2 - Activating The Gluteus Maximus *continued*

1 - To make this a little bit more difficult, all you need to do is add a TheraBand.

2 - Step into a TheraBand, repeat steps 1 – 4 from above.

By activating these muscles you are stabilising your joints a bit more! Final exercise squats with stepping.

1 - Keeping the TheraBand around your knees, get into a squat position, make sure your toes and your feet are facing outwards.

2 - Now, walk side to side to side to side, like a crab!

3 - Sit low and make sure you don't bend your back too much.

3 - Activating The Gluteus Maximus *continued*

1 - Using a bench or something you can stabilise your shoulders on. Make sure your legs are on the same line as your body. 90 degree angle in the knees.

2 - Drop your bottom towards the floor and you raise your bottom back up again.

3 - Make sure you tightly squeeze those buttocks.

4 - Keep you feet facing forward.

5 - Hold this for a few seconds. Repeat x10 times for three sets daily.

4 - Stretching The Pirformis Muscle

1 - Lay on your back.

2 - Bend your left leg.

3 - Place your right ankle on your left knee and pull your left knee towards your chest. You should feel this around your buttocks.

4 - Repeat 3 to 5 times and daily.

1 - Lay on your back.

2 - Bend your right leg.

3 - Place your left ankle on your right knee and pull your right knee towards your chest. You should feel this around your buttocks.

4 - Repeat 3 to 5 times and daily.

Scan to watch the video

Link to video:
https://youtu.be/MibGKmS-SSE

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