

Sacroiliac Joint Dysfunction

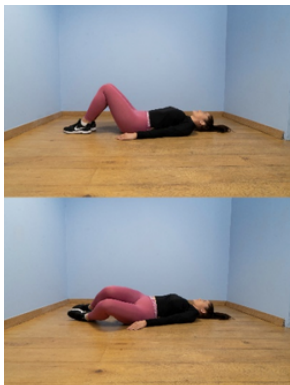
Early Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



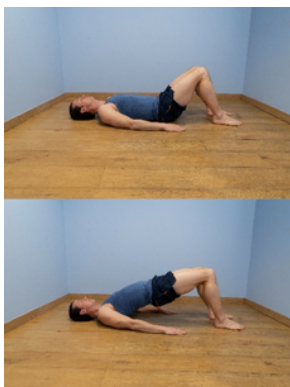
1. Piriformis stretch in sitting

- Start by sitting on a kitchen chair (not too soft).
- Bring the left foot onto the top of the right knee.
- Now gently apply some downward pressure to the left knee.
- Once you have done this, slowly lean forwards until you feel a stretch in the bum muscle on the left side.
- Repeat on the other leg.
- **Hold the position for up to 30 seconds, rest for 1 minute.**
- **Repeat routine 15 times.**



2. Knee rolls whilst lying on back

- Lie on your back with your feet on the floor and knees at 90 degrees.
- Keeping your feet and knees together, roll your legs side to side.
- Ensure that the movement is smooth (not fast, not slow) and that you only go as far as is comfortable.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



3. Bridge in lying

- Lie on your back on the floor or bed with your knees bent at 90 degrees, your feet on the floor and your arms down by your side.
- Push your heels down into the floor to gently lift your hips upwards. Lift as high as you feel comfortable but no higher than a straight line between hips, knees, and shoulders.
- If you feel discomfort, then try squeezing your tummy and bum muscles before starting the lift.
- Hold at the top for 5 seconds.
- Push up as far as you feel comfortable, and pain and stiffness allow.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**