

# SI Joint Dysfunction



Scan this QR Code to access a detailed video that enhances the information in this handout. It includes step by step guidance and visual demonstrations for each exercise.

## What is SI joint dysfunction?

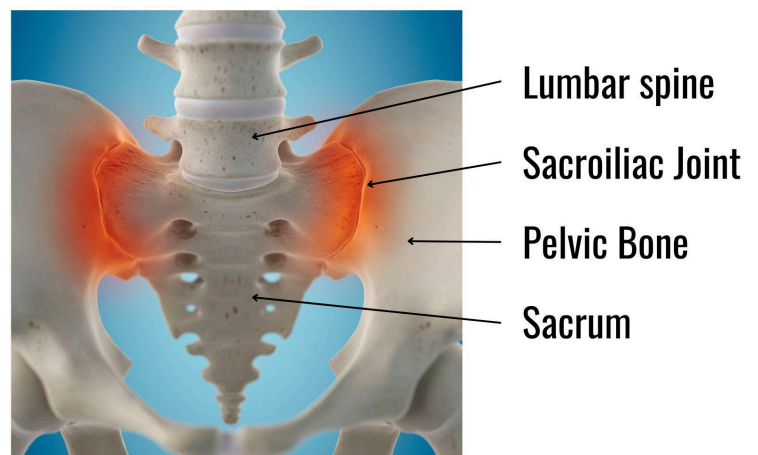
Sacroiliac joint dysfunction occurs when the sacroiliac joints, which connect the sacrum (base of the spine) to the pelvis, become irritated or misaligned, leading to pain and limited mobility. This dysfunction often causes pain in the lower back and buttocks, and it can be triggered by factors like injury, arthritis, or altered movement patterns.

## How is it treated?

Treatment typically includes physical therapy and exercises to strengthen core and pelvic muscles, which help stabilize the SI joint and relieve pain. Manual adjustments, myofascial release, and massage therapy may also be used to improve joint alignment and reduce tension. In severe cases, injections or surgical options may be considered, but conservative treatments are often effective.

## How to prevent SI joint dysfunction?

Preventing SI joint dysfunction involves maintaining good posture, practicing regular core-strengthening exercises, and focusing on hip and pelvic stability. Avoiding prolonged periods of sitting or standing in one position. Staying active, especially with exercises that enhance flexibility and strength in the lower back, hips, and glutes, is also beneficial for supporting joint health and preventing SI joint pain.



# SI Joint Dysfunction Exercises

Do the following rehabilitation program 1-2 times per day.

## Knee to Chest

- Objective: Stretch the lower back and hips.
- Lie on your back, pull one knee toward your chest while keeping the other leg extended on the floor.
- Hold for 30 seconds on each side.



## Lying Trunk Rotation

- Objective: Stretch and mobilize the spine and lower back.
- Lie on your back with one leg straight and the other knee bent. Gently guide the bent knee across your body toward the floor while keeping your shoulders flat on the ground.
- Hold for 30 seconds on each side.



## Figure 4 Stretch

- Objective: stretch the piriformis and gluteal muscles
- While lying on your back, lift your right foot and put your right ankle over your left thigh, just above the knee, forming a figure 4 shape with your legs. Clasp your hands behind your left thigh and gently pull it toward your chest. You should feel a stretch in your right hip and in the glutes.
- Hold for 30 seconds on each side.



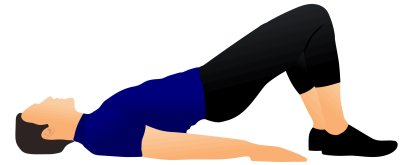
## Seated Hamstring Stretch

- Objective: improve flexibility of the hamstrings
- Straighten out the affected leg and bend your other leg inwards. Hinge forward at the hips and reach towards the toes. Try to keep the leg as straight as possible.
- Hold for 30 seconds on each side.



### Glute Hip Bridge

- Objective: strengthen gluteus maximus to help pelvic stability
- Lie down with your knees bent and feet flat. Lift your hips, aiming to form a straight line from your shoulders to your knees. Squeeze your glutes and hold briefly at the top before gently lowering back down. To increase the challenge, wrap a resistance band around your waist.
- Perform 8 to 10 repetitions, slow and controlled.



### Isometric Hip Adduction

- Objective: strengthen adductors to improve pelvic stability
- Lie on your back with knees bent and feet flat. Place a small pillow or object between your knees. Press your knees together, squeezing the object between them and hold for a few seconds. Release and then repeat the hold.
- Perform for a total of 30 seconds.

### Side Lying Leg Raise

- Objective: strengthen hip abductors to enhance stability and balance
- Lie on your side with your legs straight. Raise the upper leg while maintaining a straight line with your body. Aim to lift it to about 45 degrees, hold it briefly at the top, and then gently lower it back down.
- Perform 8 to 10 repetitions on each side.



### Bird Dog

- Objective: strengthen the core and spine to support the pelvis
- Start on your hands and knees in tabletop position. Make sure your hands are directly underneath your shoulders and that your knees are under your hips. Extend your right arm straight out in front of you at shoulder height. At the same time, extend your left leg straight out behind you at hip height. Hold this position for a brief moment and then slowly return to the starting position. Then repeat the movement with your left arm and right leg.
- Perform 8 to 10 repetitions on each side, slow and controlled.

