

## Physiotherapy for Sacroiliac Joint (SIJ)

Start by applying ice (wrap the ice pack in a towel) for 15 minutes at a time (for several days) to the affected SIJ to help reduce inflammation, which will help alleviate pain and discomfort. Alternatively, take some anti-inflammatory medication as prescribed by the pain consultant.

When the inflammation is reduced, proceed to the exercises.

### Effective SI Joint Exercises

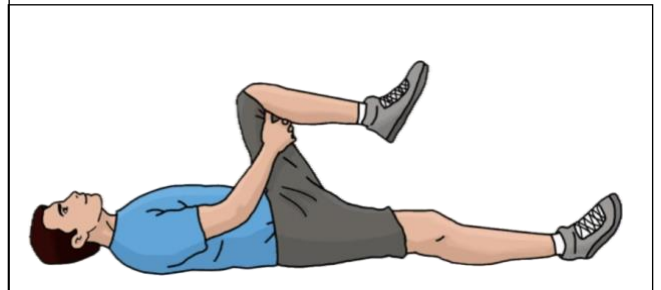
The main aim of the SI joint is to maintain stability; therefore, our focus is stabilising/strengthening exercises for the muscles (Gluteus Maximus, Gluteus Medius, piriformis, pelvic floor muscles and core muscles) around the SI Joint.

### Some useful exercises

#### No 1: Isometric Knee-push **(Strengthen gluteal muscles, thereby helping to improve the stability of the SIJ)**

##### Steps:

1. Lie on your back, bring your left knee up towards your chest while keeping your right leg straight.
2. Position your hands, interlocked, underneath the kneecap.
3. Push your left knee into your hands (away from the chest).
4. Be sure to resist the knee pushing out with your hands and hold for 5 seconds.
5. Aim for 10 repetitions.



## No 2: Glute Bridge (strengthen core, gluteal and back muscles)

### Steps:

1. Lie on your back with your knees bent, feet flat on the floor, and arms at your sides.
2. Engage your core and tighten your glutes before starting any movement.
3. While bracing, lift your gluteal area off the floor as shown.
4. Hold this position for 5 seconds and return slowly to the starting position.
5. Aim for 10 repetitions.



## No 3: Ball Squeeze (Improve core and buttocks muscle stability, thereby improve the stability of the SIJ)

### Steps:

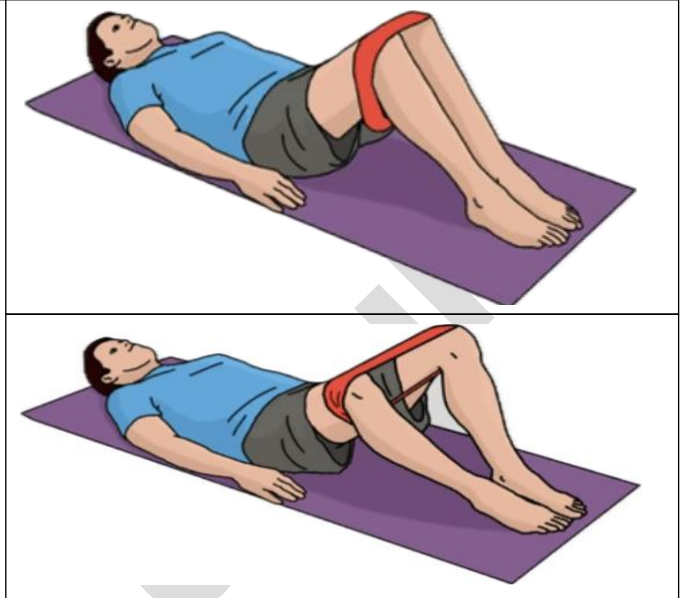
1. Lie on your back, knees bent at 90 degrees with a ball between them and feet flat on the floor.
2. Have a natural arch to your lower back and pull your belly button in towards your spine.
3. Squeeze the ball with your knees (equal pressure from both sides).
4. Hold for 10 seconds.
5. Aim for 10 repetitions.



**No 4: Strengthening muscles with resistance band (Strengthen the pelvis and lower back muscle to increase the stability of the SI Joint).**

**Steps:**

1. Lie on your back with your knees bent at 90 degrees and the band wrapped around your knees (as shown).
2. Slightly pull your knees apart and bring them back together.
3. Aim for 15 to 20 repetitions.

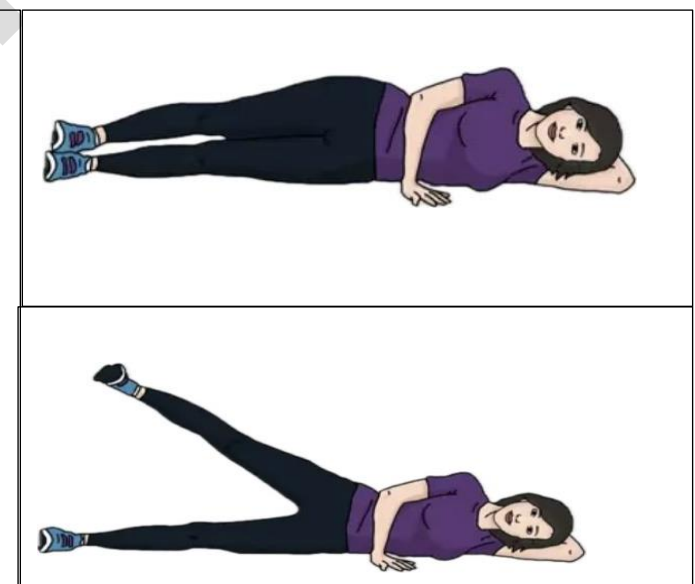


**No 5: Gluteus Medius Strengthening (The Gluteus Medius muscle is one of the main stabilisers of the pelvis; this exercise will strengthen it).**

**Steps:**

1. Lie on one side on the floor (as shown).
2. Lift the leg slowly and hold for 2 seconds in the air.
3. Bring the leg down slowly.
4. Repeat on the other side.

\* You don't need to lift the leg too high



**Repeat those exercises 2-3 times a day.** If your pain does not resolve, please visit <https://paincure.co.uk> for further help.