

## Sacroiliac (SI) Joint Stretches and Exercises

Many of these exercises can be done on the floor, on a sturdy table or counter, or on a firm bed.

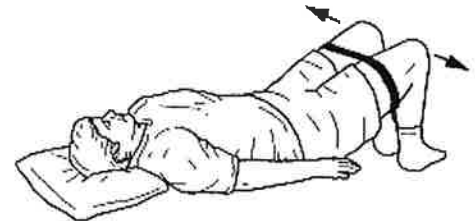
- Lie on your back. Use a box or several firm pillows under your lower legs and rest your head on a small pillow. Cross one leg over the other. Squeeze your legs together. Hold, then relax and repeat.



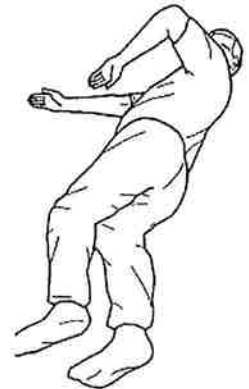
- Lie on your back. Rise up onto your elbows to support your upper body, or you can lie flat. Bend your knees, resting your feet flat. Place a pillow or ball between your knees. Push your knees together, squeezing the pillow or ball. Hold, then relax and repeat.



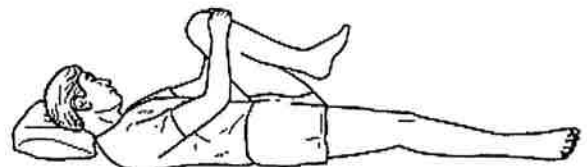
- Lie on your back, with your knees bent. Tie a belt or wide cloth strip loosely around your knees. Push your knees out against the belt. Hold, then relax and repeat.



- Lay on your side. Bend your top leg and rest it in front of your lower leg. Turn your upper body to face the ceiling. Push your top leg against the floor or table. Hold, then relax and repeat.



- Lie on the floor, table or bed. Rest your leg on the floor or let it dangle off the table or bed. Bend the other leg and wrap your hands around your knee. Pull the bent leg toward your chest. Hold, then relax and repeat.



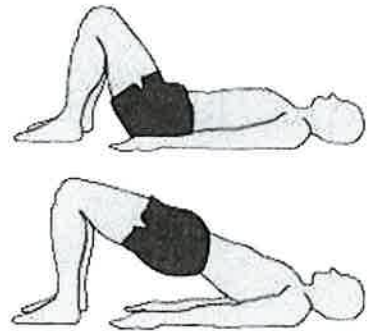
- Lie on your back. Cross your leg over your other leg above the knee. Wrap your hands under your knees. Use your hands to pull your knees towards your chest. Hold, then relax and repeat.



- Sit on the floor with your legs out straight. Bend your knee and cross over the other leg at the knee. Use the arm on the side of the bent knee to reach back and support your upper body. With the other arm, reach across the bent knee to your other leg. Push your arm against your knee to stretch it toward the opposite side. Hold, then relax and repeat.



- The Supine Bridge or Hip Thrust is an exercise that is performed lying on the back. The exercise is performed while lying on your back with your knees bent and your heels on the ground. From this position the hips are lifted into the air up to full extension. Hold, then relax and repeat.



- Stand up tall with your feet shoulder-width apart and hold a dumbbell in each hand. Push your hips back and lower the dumbbells, while keeping your legs straight or only slightly bent. Return to the starting position and repeat. When doing the exercise keep your chest open, your shoulders back and maintain your back and arms completely straight at all times. Do the movement slowly and breathe out as you lower the dumbbells.

