

SI Pain Exercises

Single Knee-to-Chest Stretch



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1. Lie flat on your back with your knees bent and feet planted on the floor.
 - a. You may use a small pillow under your head or neck for comfort.
2. Lock hands under a single knee and bring the knee towards your chest.
 - a. It is important to keep your lower back pressed to the floor.
3. Hold the position for 15 to 20 seconds.
4. Relax and lower knee to beginning position.
5. Repeat this stretch 2 - 4 times with each leg.

Bridge



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1. Begin exercise flat on your back with both knees bent.
 - a. Tighten abdominal muscles by pulling your belly button in towards the spine.
2. Push feet into the floor and lift hips off of the floor.
 - a. Make sure to keep shoulders, hips and knees in a straight line.
3. Hold position for 6 seconds, then slowly lower hips back to floor and rest.
4. Repeat this exercise for 8 - 12 times.

Alternate Arm and Leg (aka bird dog)



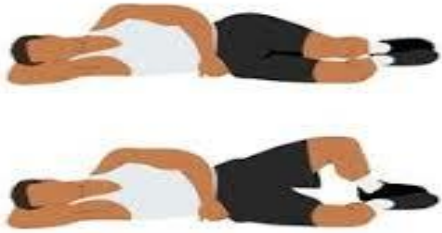
1. This stretch begins on the floor, on your hands and knees.
2. Tighten abdominal muscles by pulling your belly button in towards the spine.
 - a. Continue to breathe at normal rate.
3. Raise one arm off the floor and hold it straight out in front.
 - a. Make sure to keep your back and neck straight.
4. Hold this position for about 6 - 10 seconds, then you may lower your arm and switch to another arm.
5. Repeat this stretch 8 -10 times for each arm.

Press-Up



1. Begin the exercise by lying on your stomach.
2. Press palms on the ground and keep the body in a straight line.
3. Gently push up by straightening your arms,
 - a. Make sure the pelvis is in contact with the floor.
 - b. Hold the position for 3-5 seconds.
4. Repeat this exercise for 3 sets of 8 - 12 repetitions.

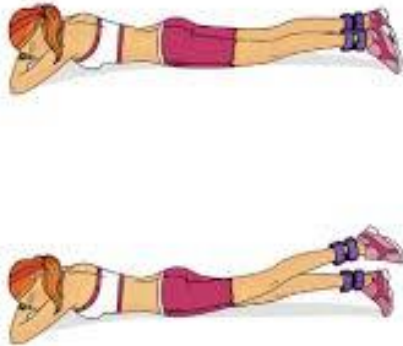
Clamshell



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1. Lie on your side with legs stacked and knees at a 45-degree angle.
2. Rest head on lower arm and use top arm for balance.
 - a. Tighten abdominal muscles by pulling your belly button in towards the spine.
 - i. This will help stabilize the spine and pelvis.
3. While keeping your feet touching, slowly raise the upper knee.
 - a. Do not move the lower leg off the floor.
4. Pause for a few and then slowly return the knee to starting position.
5. Repeat this exercise 10 times on each side.

Prone Hip Extension



1. Begin the exercise lying face down on the floor.
 - a. You can place hands on top of each other and rest your forehead on them.
2. Breathe in while tightening abdominal muscles, while breathing out lift one leg off the floor.
3. Keep legs straight and hold for a few seconds,
4. Slowly bring the leg back down to starting position.
5. Repeat the same number of repetitions on each side.