

SACROILIAC DYSFUNCTION

STAGE 1

LOWER ABDOMINAL CONTRACTION

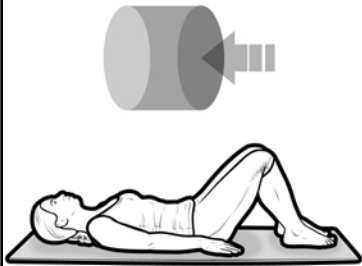


Lie on your back with your knees bent, lumbar spine in 'neutral' and fingers on your abdominals at your waist band. Contract your lower abdominals by trying to draw your navel towards the floor so that your abdominals push upwards into your fingers. Hold this contraction while breathing normally for 3 breaths. Relax and repeat.

SETS & REPS: 10 reps

FREQUENCY: Twice daily

PELVIC FLOOR CONTRACTION



Lie on your back with your knees bent. Contract your pelvic floor muscles (the base of the lumbo-pelvic cylinder) by trying to "slow the flow" of going to the toilet. Alternatively, you could imagine holding a small marble inside. Hold the contraction while breathing normally for 2-3 breaths. Relax fully and repeat.

SETS & REPS: 10 reps

FREQUENCY: Twice daily



1 BENT-KNEE FALL-OUT

Lie on your back with your knees bent, lumbar spine in 'neutral' and hands on the front of your hip bones. Contract and hold your lower abdominals (1). Slowly lower one knee out to the side, ensuring your hip bones do not rotate (2) then return to the start position. Repeat to the other side.



SETS & REPS: 10 reps

FREQUENCY: 1-2 x daily

PRONE GLUTEAL CONTRACTION

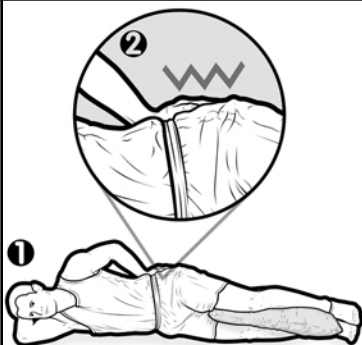


Lie face-down and place your hands on your buttock muscles. Contract your gluteals, feeling the muscles tightening beneath your hands and hold for 10 seconds. Relax and repeat.

SETS & REPS: 10 reps

FREQUENCY: 1-2 x daily

CLAMS



Lie on your side with your hips and knees slightly bent and pillow between your legs (1). Feel the muscle just behind your hip bone contract as you prepare to slowly lift your leg off the other leg (without leaving the pillow) (2). Hold for 5-15 secs then lower and repeat.

SETS & REPS: 4-6 reps

FREQUENCY: 1-2 x day