

SI STABILIZER

SI JOINT PROTOCOL



Exercise 1: Bird Dog

Sets: 3 | Reps: 10 | Time: - | Rest: 30 sec | Freq: Daily

Start: Begin on your hands and knees with your head and back in a straight position. Hands should be under your shoulders, hips directly above knees.

Movement : Activate core muscles. Raise one arm to shoulder level as opposite leg simultaneously lifts off floor, extending to hip height. Pause momentarily. Return to start position and alternate sides. Maintain a straight spine position, not allowing your hips to twist or rotate. Do not hyper-extend low back when extending leg. Repeat for prescribed repetitions and sets.



Exercise 4: Side Lying Leg Lift

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: Daily

Start: Begin lying on side on the floor with legs extended. Top leg should attain a straight line through hip and shoulder. Bottom leg may be bent for added stability.

Movement : Activate core muscles. Lift top leg upward, abducting legs. Slowly return to start position and repeat for prescribed repetitions and sets.



Exercise 3: Lower Trunk Rotation Stretch

Sets: 1 | Reps: 3 | Time: 30 sec | Rest: - | Freq: Daily

Start: Begin lying on back, knees bent with feet flat on floor. Arms should be extended to side.

Movement : While maintaining shoulder to floor contact, gently roll knees to one side. Hold for 20- 30 seconds or prescribed duration. Return to start position. Then repeat on opposite side. Repeat for prescribed repetitions and sets.



Exercise 5: Piriformis Mobility Ball Myofascial Release

Sets: 1 | Reps: 3 | Time: 60 sec | Rest: 30sec | Freq: Daily

Start: In a seated position on the floor, place a mobility or yoga ball under the mid-upper glute region.

Movement : Round your back upward, stretching mid-back between the shoulder blades. Relax and let your stomach fall downward as you arch your back. Hold each position 3-5 seconds and repeat for prescribed repetitions and sets.

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Exercise 5: Clam Shell

Sets: 3 | Reps: 10 | Time: - | Rest: 30 sec | Freq: Daily

Start: Begin lying on side with knees together and bent to approximately 90 degrees. Support head with your hand or with pillow.

Movement : Activate core. Lift knee upward while keeping soles of shoes touching. Continue lifting knee to the point just before pelvis begins to move. Keeping core activated is essential to isolating hip muscles and not moving pelvis. Repeat for prescribed sets and reps.



Exercise 6: Hip Bridge

Sets: 3 | Reps: 10 | Time: - | Rest: 30 sec | Freq: 3x/wk

Start: Begin lying on floor, facing up. Bend knees so feet are firmly on floor with arms extended to sides.

Movement : Activate core muscles. Lift hips off floor to attain a bridge position with knees, hips, and shoulders in alignment. Slowly return to start position. Repeat for prescribed repetitions and sets. Initially, you may develop some cramping in the back of your thigh. A simple hamstring stretch, before and after, may prevent this from occurring.



Exercise 2: Modified Side Plank

Sets: 3 | Reps: 10 | Time: - | Rest: 30 sec | Freq: Daily

Start: Begin on your side with knees bent. Place support forearm directly under shoulder.

Movement : Activate core muscles. Lift hips off floor and attain a straight, rigid position from thighs through your upper body. Once in this position, there should be no movement. Maintain core contraction. Hold for recommended duration. Repeat for prescribed repetitions and sets. Perform on opposite side.