



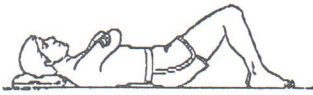
Tools RG
Know how to show how

Personal Exercise Program

SI Joint exercises

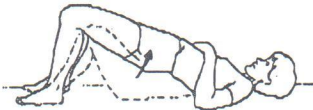
Provided by : MRH Physical Medicine

Date : 12/3/2008



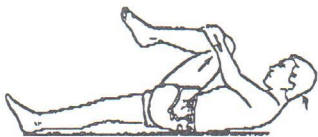
1. Lie on back with knees bent
2. Tighten abdominal muscles, squeeze buttock muscles and flatten back as shown
3. Hold 5 seconds
4. 10- repetitions, _____ times per day
20

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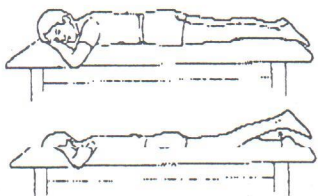
1. Lie on back with both leg bent as shown
2. Tighten buttocks and raise them off floor as high as you can
3. Keep pelvis level
4. Hold 5 seconds, slowly relax
5. 10- repetitions, _____ times per day
20

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1. Lie on back
2. Pull Right knee to chest
3. Hold 5 seconds
4. 5 repetitions, _____ times per day
Repeat with left leg.

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1. Lie on belly
2. Raise Right leg off floor as shown
3. Hold 3 seconds, slowly relax
4. 10 repetitions, _____ times per day
Repeat with left leg.

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12/3/2008

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