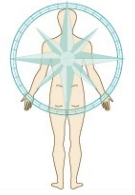


Sacroiliac Stretches, Foam Rolling & Strengthening Instructions



It is important to note that to see the best and quickest improvement, stretching and strengthening exercises should be done daily. However, foam rolling should only be performed 2-3 times per week at most. Listen to your body and wait another day if your muscles are too tender to the touch.

Foam Rolling (listed in order of importance)

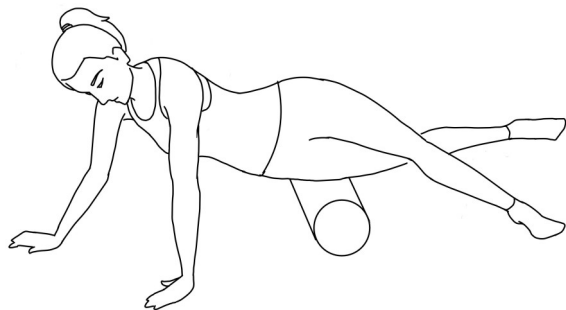
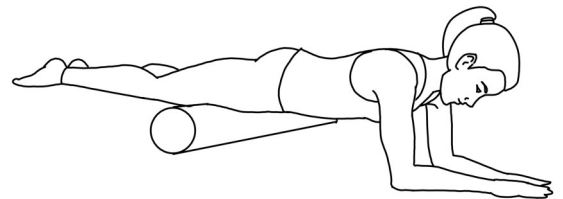
Equipment needed: foam roller, 5-6 inch diameter hard ball (i.e. volleyball), lacrosse ball

*Note: foam rolling can be quite uncomfortable and border-line painful. However, if you can tolerate the pain, foam rolling can be life-changing! Foam rolling is performed on the floor. If you cannot comfortably get up and down to the floor, skip foam rolling and move to stretches.

**Note: you may find that one leg is more tender

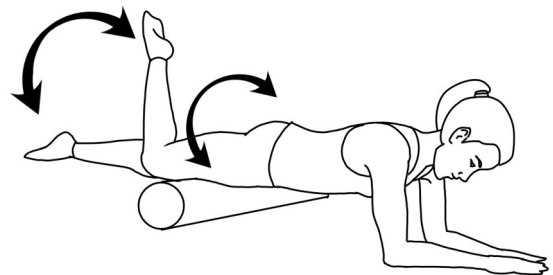
Quadriceps and TFL

- Place foam roller across your legs while lying on your front. Hold your body weight up on your hands or elbows (depending your strength level), hold your core tight. Don't let your spine collapse towards the floor. Place as much weight into one leg at a time and as you can tolerate.



- Search for tight, tender areas throughout the front of the thigh. To reach the TFL, you will have to twist your body approximately 30-45° so that your weight is on the upper, outer part of the thigh.
- Once you have found a spot, you may need to breathe through the discomfort before attempting to move. Once pain level becomes manageable, move on to the next step.

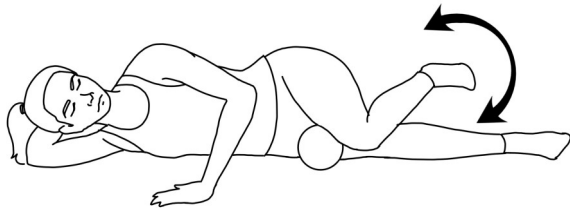
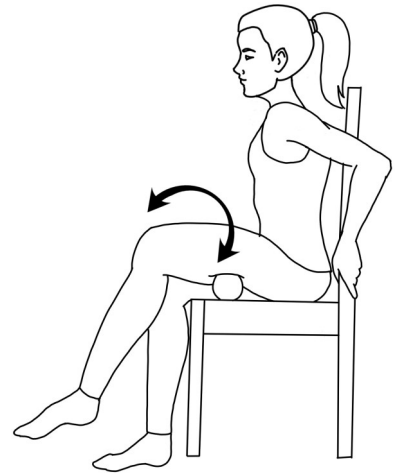
- Extend/flex the knee while laying on your tender area.
- Windshield wipe the leg with the knee flexed. You may feel the muscle “jump” as you roll the leg side-to-side. This is normal and indicates you are on a good spot to work the tight muscle/fascia.
- Move onto another tight and tender spot. You may find 3-5 or more tight, tender areas to work on.



- You should spend 30-60 seconds on each spot you find. Repeat on the other leg.

Hamstring

- While sitting on a hard chair, place the lacrosse ball under one thigh. Search for tight, tender areas throughout the back of the thigh and place as much pressure into the ball as you can tolerate.
- Once you have found a spot, you may need to breathe through the discomfort before attempting to move. Once pain level becomes manageable, move on to the next step.
- Extend and flex the knee while sitting on your tender area.
- Windshield wipe the leg with the knee flexed. You may feel the muscle “jump” as you roll the leg side-to-side. This is normal and indicates you are on a good spot to work the tight muscle/fascia.
- Move onto another tight and tender spot. You may find 3-5 or more tight, tender areas to work on.
- You should spend 30-60 seconds on each spot you find. Repeat on the other leg.

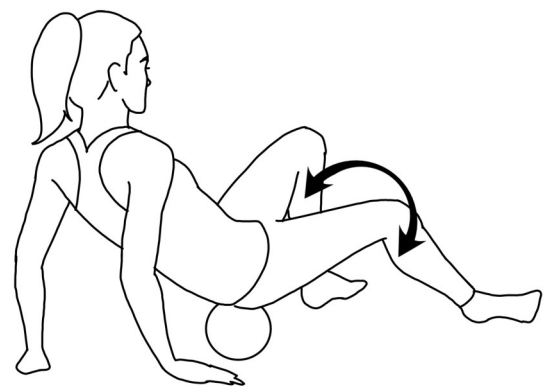


Adductors

- While lying on your side, place your 5-6” ball under your top leg. The ball should be resting on the inside of the thigh. Search for tight, tender areas throughout the inside of the thigh and place as much pressure into the ball as you can tolerate.
- Once you have found a spot, you may need to breathe through the discomfort before attempting to move. Once pain level becomes manageable, move on to the next step.
- Extend and flex the knee while sitting on your tender area.
- Windshield wipe the leg with the knee flexed. You may feel the muscle “jump” as you roll the leg up-and-down. This is normal and indicates you are on a good spot to work the tight muscle/fascia.
- Move onto another tight and tender spot. You may find 3-5 or more tight, tender areas to work on.
- You should spend 30-60 seconds on each spot you find. Repeat on the other leg.

Glutes/Piriformis

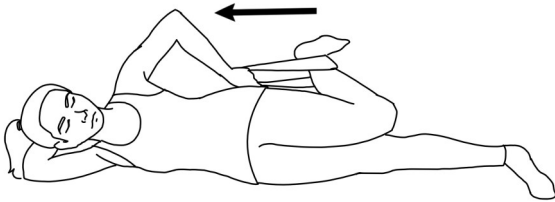
- While sitting on the floor with knees bent, place 5-6” ball beneath the buttock. To be in the right position, your body will be angled 30-45° towards the side you are sitting on.
- Once in position, with both feet resting on the floor, open and close the knee on the side you are resting on.
- Repeat for 30-60 seconds, then repeat on the other side.



Stretches (listed in order of importance)

Quadriceps and Psoas

- Equipment (possibly) needed: strap/towel/belt
- If utilizing a strap, wrap the strap around one ankle. Skip this step if you are not utilizing a strap.
- Lying on your side, with strapped ankle up, grab your ankle or strap. Pull your ankle/strap in towards your buttock.

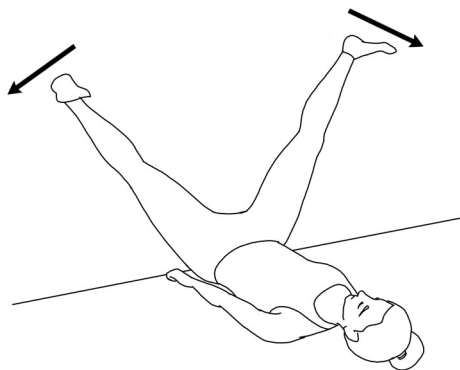
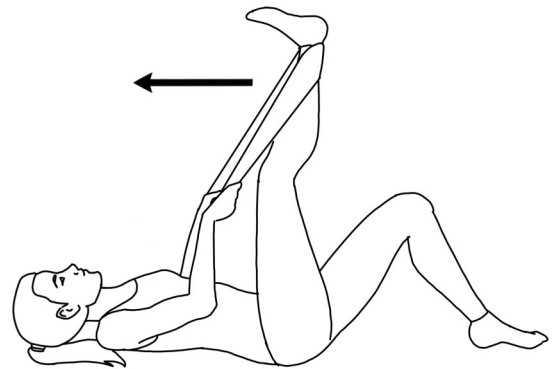


- Hold for 30 - 60 seconds. Repeat.
- Repeat on other side.

*Note: as you work on your flexibility, keep your belly and the front of the leg in one straight line. Try and avoid the fetal position as you will not stretch the deeper hip flexors. Don't let your back arch. If you are having difficulty with

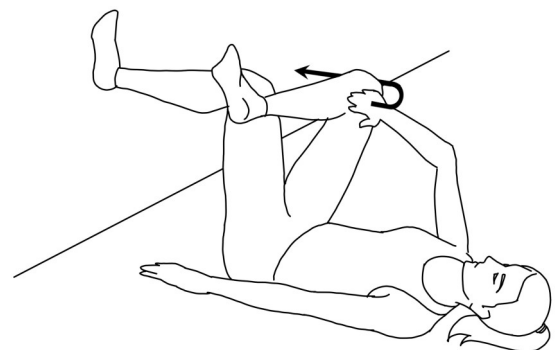
Hamstring

- Equipment (possibly) needed: strap/towel/belt
- If utilizing a strap, wrap the strap around one ankle. Skip this step if you are not utilizing a strap.
- Lying on your back and keeping your knee as straight as possible, pull your ankle/strap upwards towards your head.
- Hold for 30-60 seconds. Repeat.



Adductors

- Sit sideways next to a wall, spin and lie flat on the floor with legs up the wall and your butt as close to the wall as possible.
- Open legs up like a book and allow gravity to pull legs apart.
- Hold for 30 – 60 seconds. Repeat.



Glutes/Piriformis

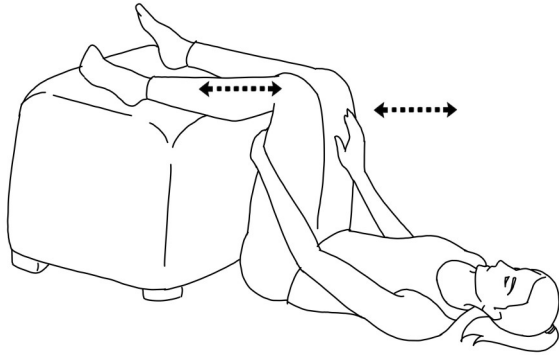
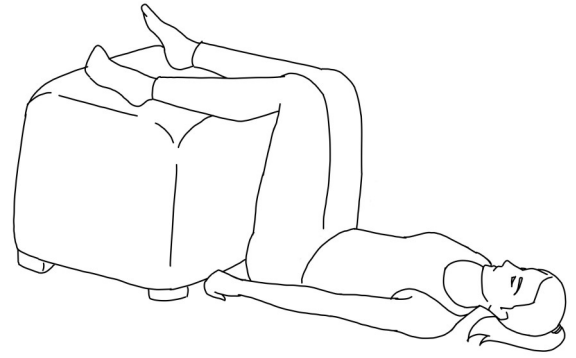
- Sit sideways next to a wall, spin and lie flat on the floor with feet on the wall and your butt as close to the wall as possible. Your knees will be bent to achieve this position.
- Cross one ankle over your other leg. You may need to lift your butt off the ground to be able to cross your ankle over. Rest your butt on the floor once in place.
- Using your hands, push knee on the leg that is crossed towards the wall. You can play with the position of the leg that is resting on the wall to increase or decrease intensity of the stretch.
- Hold for 30 – 60 seconds. Repeat.
- Repeat on other side.

Isometric Pelvic Exercises

These exercises are performed lying on the floor on your back with your legs resting on an ottoman, chair or couch.

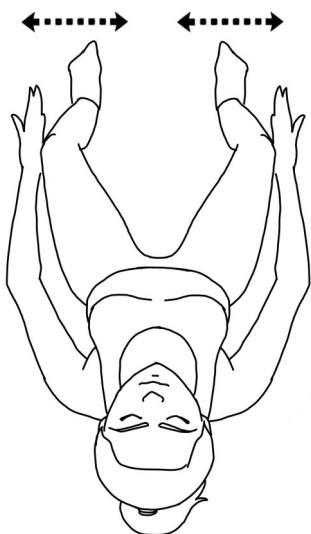
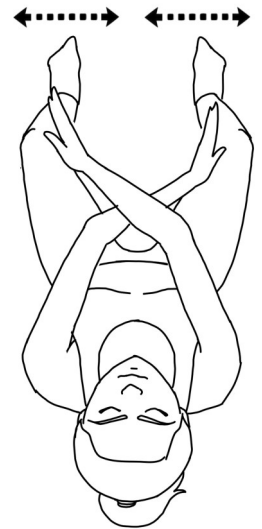
*Note: to increase the difficulty of these exercises, and to increase core strength, hold your legs up without an ottoman, chair or couch.

**Note: isometric exercises are exercises where you are resisting against a force, but not moving your body!



- Place one hand on the front of one thigh, and the other hand behind the other thigh. Push/pull against your hands while maintaining your position. Hold for 5-10 seconds.
- Repeat 5-10 times.

- Place your hands between your knees. Push against your hands while maintaining your position. Hold for 5-10 seconds.
- Repeat 5-10 times.



- Place your hands on the outside of your knees. Push against your hands while maintaining your position. Hold for 5-10 seconds.
- Repeat 5-10 times.