



Sherborne chiropractic

The Old Barn
Tinney's Lane
Sherborne
DT9 3DY

Phone: 01935 814691 / 01373 469759
Email: Info@sherbornechiropractic.com
Website: www.sherbornechiropractic.com

Exercise plan:
Sacroiliac Joint Dysfunction

Patient:
Patient Patient

Date:
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Sitting Forward Hamstring and Spine Stretch



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Sitting down, keep your legs straight in front of you, and reach forwards to touch your toes. Go as far as feels comfortable. You should feel a stretch in the back of the thighs/Hamstrings. Hold the stretch, and return to the start position.

Hold for 30-60 secs

Video: <http://youtu.be/0e56B0v4g7Y>

Horse-Stance Dynamic



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Go on to all fours, and keep good posture. Draw your tummy inwards (towards the ceiling). Move your elbow towards your opposite knee, and return to the start position. Repeat each side. This is a core stability and core control exercise to work the deep abdominal muscles.

Repeat 6 times | Hold for 3 secs | Perform both sides

Video: <http://youtu.be/Ja4uhk3aRjk>

Horse-Stance Horizontal



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Go on to all fours, and keep good posture. Draw your tummy inwards (towards the ceiling). Straighten your arm in front of you, and your opposite leg behind you. Repeat each side. This is a great core stability and core control exercise to work the deep abdominal muscles. The exercise will also strengthen the lumbar erector and gluteal muscles.

Repeat 6 times | Hold for 3 secs | Perform both sides

Video: <http://youtu.be/BTaCXKy53wc>

Single Leg Back Stretch

Lie flat on your back, and bend your knee towards your chest. Hold this position and feel a gentle stretch in your back. If you get any groin pain while doing this exercise, stop and inform your therapist. Relax, and then repeat as necessary.



Hold for 30-60 secs | Perform both sides

Video: <http://youtu.be/lka-1VKjrew>

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Double Leg Back Stretch

Lie flat on your back, and bend your knees towards your chest. Hold this position and feel a gentle stretch in your back. If you get any groin pain while doing this exercise, stop and inform your therapist. Relax, and repeat as necessary.



Hold for 30-60 secs

Video: <http://youtu.be/ZEz80zvUv4>

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Flexion Stretch

Sitting crossed legged, round your back forwards and reach forwards. You should feel a stretch in your lower back and buttocks. Hold this stretch, and return to the start position.



Hold for 30-60 secs

Video: <http://youtu.be/9nA7g0e5m3s>

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Lumbar Flexion with Rotation Control

Lie flat on your back, and contract your deep abdominal muscles by drawing your tummy inwards. Bend your hips to 90 degrees, keep your knees together, and rotate the spine. Do not go too far, just a few inches, and keep the movement controlled. This exercise works the lower abdominal muscles, and core control.



Repeat 6 times | Hold for 3 secs | Perform both sides

Video: <http://youtu.be/ljraQMSIGio>

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Lumbar Rotation Opposite Twist

Bend your knees, and keeping your feet flat on the floor, rotate your hips to one side creating a rotation through your lower back. Only go as far as feels comfortable, you do not need to get your knees to the floor. With straight arms, rotate to the opposite side at the same time. This is a strong lower back stretch suitable for more athletic people.

Hold for 30-60 secs | Perform both sides

Video: <http://youtu.be/P7FcRhBg2RQ>

Dear Patient, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on Info@sherbornechiropractic.com. Good luck and keep with it!