

Home instructions for sacroiliac joint sprains

DON'T Weaken your sacroiliac joints by bending forward at the waist, especially bending and twisting at the same time. That also means:

No sit-ups

No crunches

No toe-touching exercises

No knee to chest stretches

No knee to chest with twisting exercises

DON'T sit and twist at the same time. **DO** use the swivel feature of your desk chair or move the most often used equipment to a position directly in front of you.

DO Walk, if it feels good. Walking moves the joints through a normal range of motion that helps to lubricate and heal damaged joint tissue. Other activities that are usually good are bike riding and swimming.

DO Use ice 15 minutes every couple of hours when the area is tender to the touch or at least for the first three days of an injury.

DO these exercises to increase stability of the sacroiliac area. →

Start with ten repetitions the first day then slowly work up to three sets of ten. Perform this exercise at least three times per week. If the exercise makes the area hurt worse after a few repetitions then stop and discuss it with the doctor.

DO come for adjustments as instructed to ensure proper joint function.



Fig. 2 Prone leg lift strengthening exercise
Lie on stomach. Lift one leg up, keeping knee straight. Do not allow hips to lift off the floor. Repeat with opposite leg.

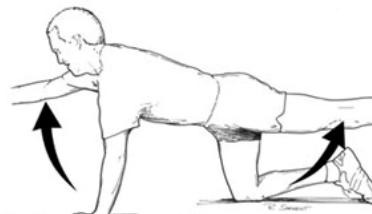


Fig. 3 Alternate arm and leg strengthening exercise
Lift right arm and left leg simultaneously, keeping both extremities straight. Repeat with alternate arm and leg.

If the sacroiliac joint is so unstable that it hurts just to roll over in bed or get out of a chair, a sacroiliac stabilization belt may be needed for a few weeks to let the joints heal.

The conservative methods listed above, along with timely chiropractic adjustments, are effective in over 98% of the cases. You should notice improvement within 2 weeks. Many people feel better within a few days of starting care. Complete recovery depends on many factors. The average person will be released from care in 6 weeks. Some severe cases have taken a year.

If these methods don't help within a few weeks then we may order an x-rays, MRI or CT scan. Medical treatment such as steroids joint injections may be helpful in stubborn cases. Surgery is very rarely used with sacroiliac joint problems. As always, if you have any question about your condition or treatment, please feel free to ask the staff or doctor.