

Sacroiliac Joint Pain

If any exercises cause pain or discomfort more than a 5/10 please stop. It should be tough, but not painful. Rest 1-2 minutes between sets



Alternate between session one and two to complete 3-4 sessions per week resting as appropriate

Warm Up – Hip Mobility

Session 1:

Bird dog – 3 sets of 8 each side

Banded Hip Abduction – 3 sets of 8 reps

Glute Bridge – 3 sets of 8 (progress to single leg over time)

High Box Step Up – 3 sets of 6-8

Suitcase DL – 3 sets of 6-8 reps

Session 2:

Hamstring ISO – Build up to 3 sets of 30 seconds – progress to single leg

Wall Pogo – 3 sets of 12 reps

Side Drops – 3 sets of 12

Hip Flexor work – 3 sets of 8-12

Wall Deadbug – 3 sets of 8