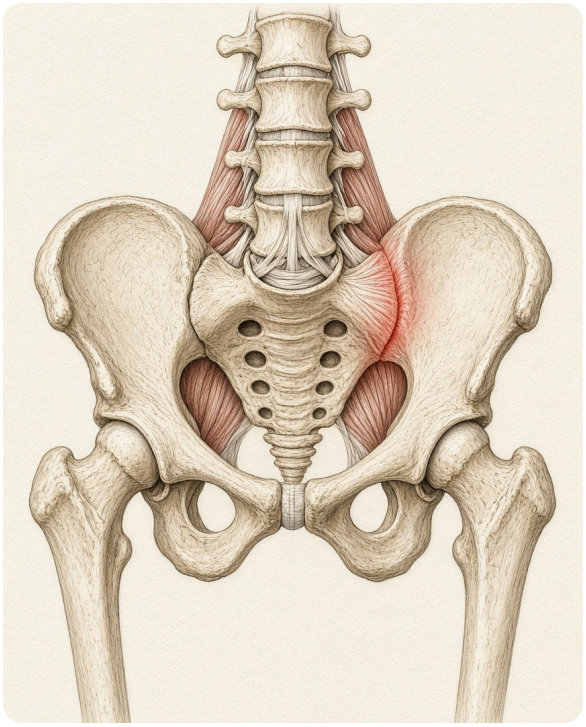
ARMIN PHYSIO



PATIENT GUIDE

SI Joint Pain

Pain around your dimples or one side of your low back? It could be **sacroiliac (SI) joint pain.**

Armin Ghayyur
Physiotherapist · arminphysio.com

What is SI joint pain?

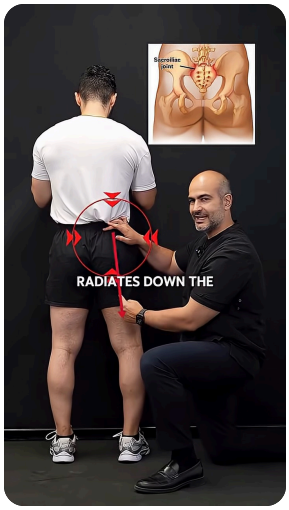
Your sacroiliac (SI) joints connect your spine to your pelvis and transfer forces between your upper body and legs. When they become irritated or don't move efficiently, they can cause low back and buttock pain. Most cases improve with the right program: better pelvic stability, stronger glutes and core, and good hip mobility. Not all buttock pain comes from the SI joint, so get assessed if it persists.

QUICK CHECK

Does this sound like you?

- [ ] Pain over **one side of the low back or buttock**, near the "dimples"
- [ ] Pain that sometimes radiates down the leg but **doesn't go past the knee**
- [ ] Your **pelvis feels uneven** when you walk
- [ ] Pain **standing up after sitting**, on stairs, or rolling over in bed
- [ ] Pain when **standing on one leg**

If you ticked a few boxes, your SI joint could be involved. Try the 3 exercises on the next pages.



Pain that doesn't go past the knee



Pelvis feels uneven when you walk

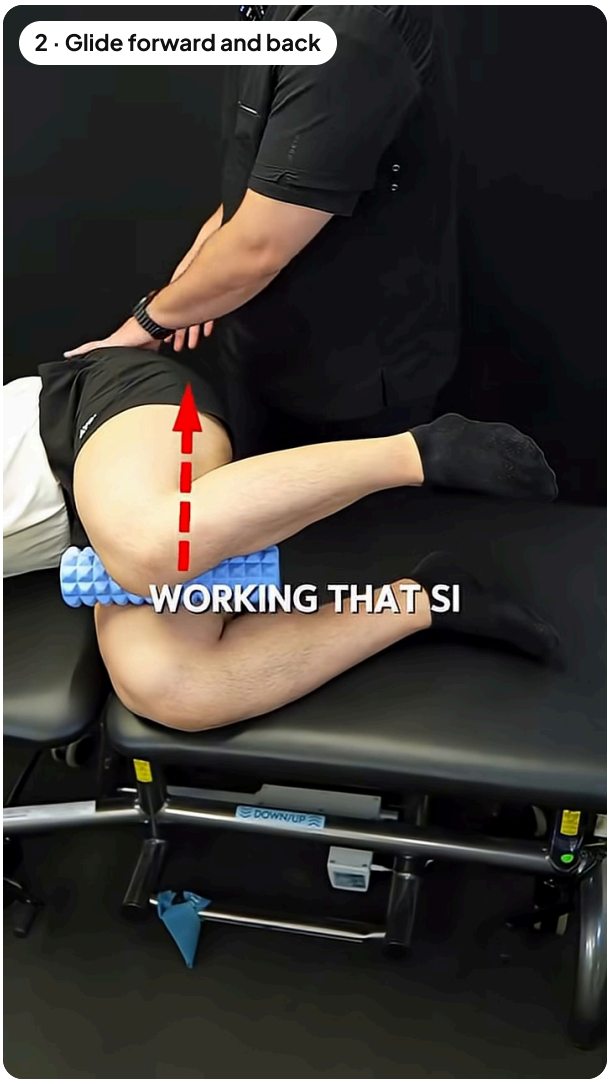
YOUR 3 EXERCISES

Try these exercises

1 Side-lying knee glide

Works the SI joint with a gentle gliding motion





1. **Lie on the unaffected side.**
2. **Place a foam roller in between the knees.**
3. **Glide the affected side forward**, coming right back, working that SI joint.
4. Repeat.

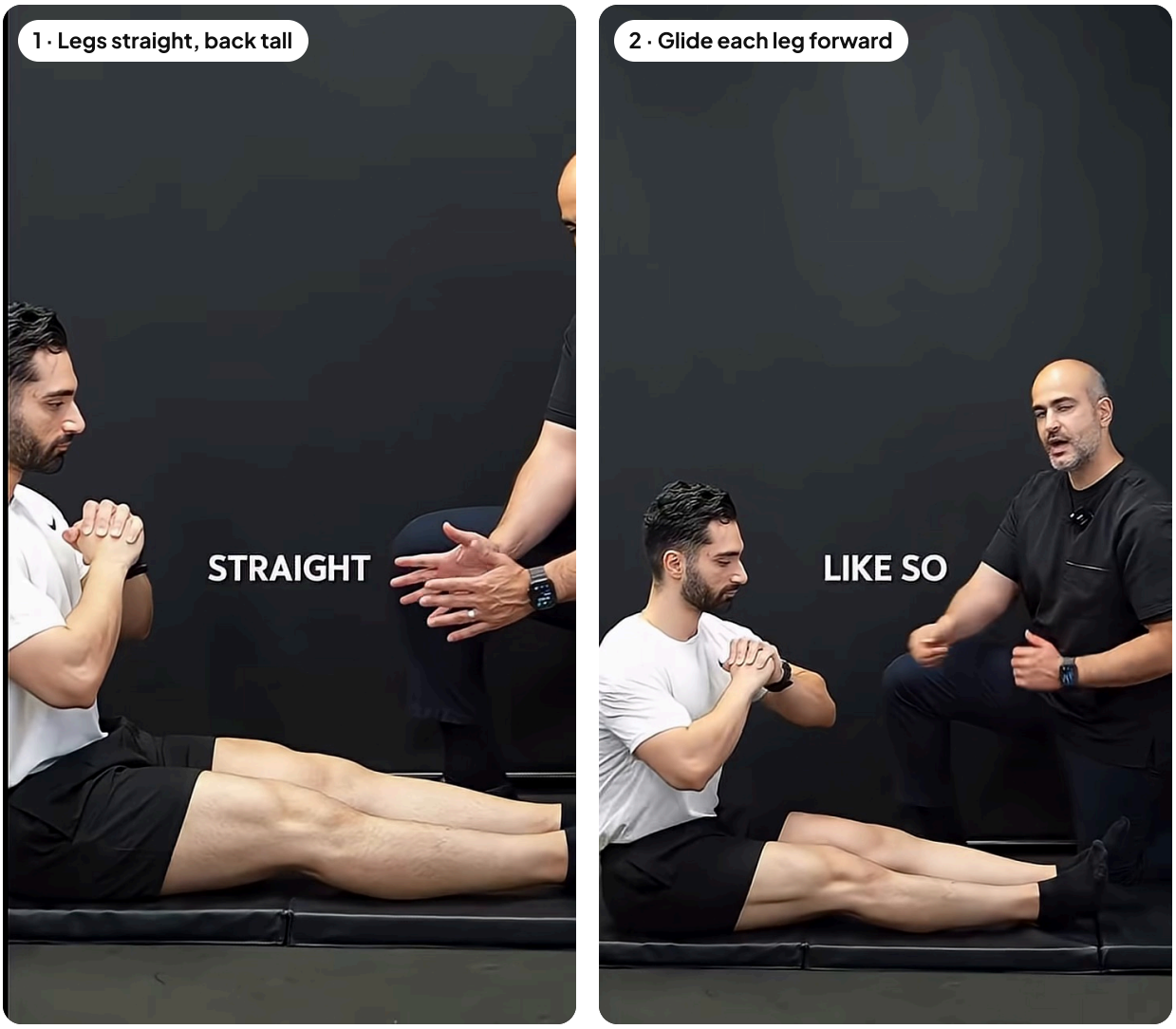
3 sets of 10–15 reps, hold **3–5 s** where appropriate

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain, numbness or tingling travelling into your leg.

2 Seated leg glide

Works the stabilizers around the SI joint



1. **Have a seat** like so. Make sure your **legs are nice and straight**.
2. **Glide each leg coming forward**, just like so, **keeping your back straight**.
3. This works all the stabilizers around that SI joint.

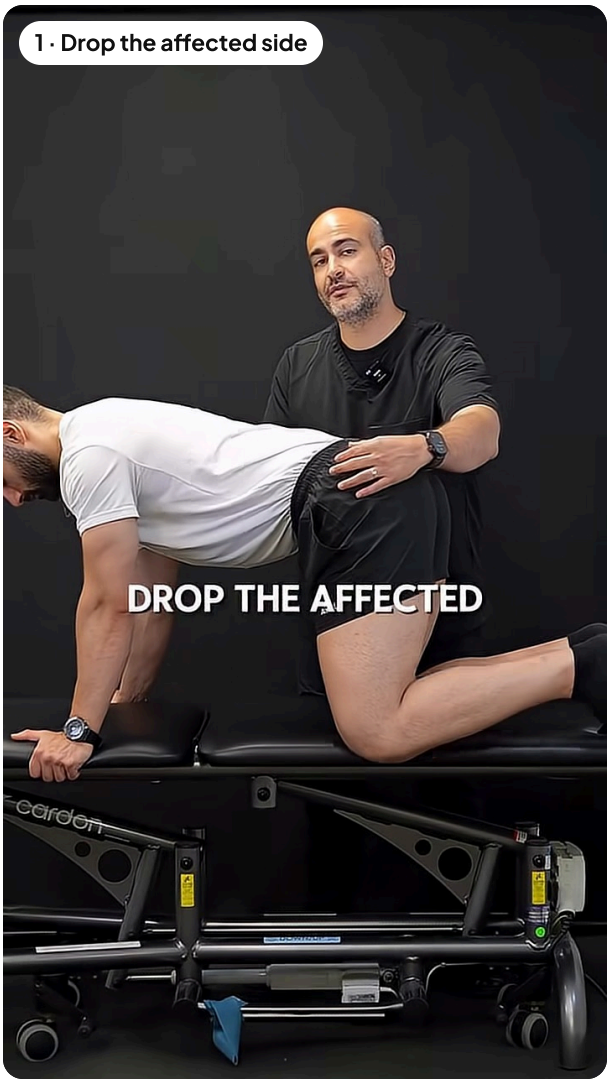
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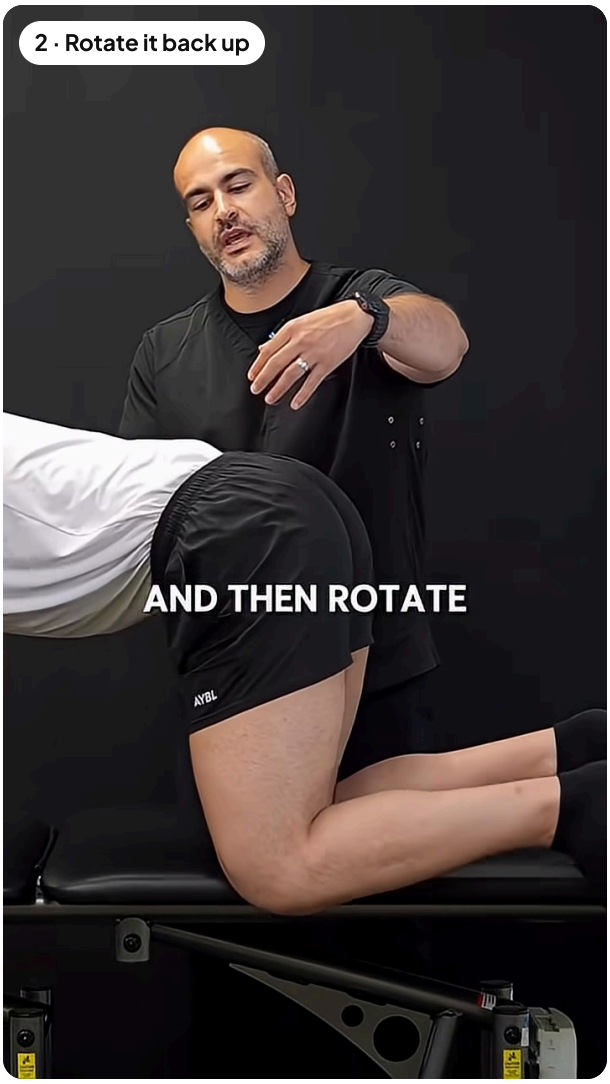
From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain, numbness or tingling travelling into your leg.

3 Bedside hip drop and rotate

Strengthens the stabilizers around the SI joint





1. **Get into this position at the side of your bed** (on hands and knees, affected leg at the edge).
2. **Drop the affected side down** like so.
3. Then **rotate it coming up**, working all the stabilizers around that SI joint.
4. Repeat.

3 sets of 10–15 reps, hold **3–5 s** where appropriate

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain, numbness or tingling travelling into your leg.

DAILY ROUTINE · ABOUT 10–15 MINUTES

Put it together

01
Mobilize
Side-lying knee glide, 3 × 10–15

02
Stabilize
Seated leg glide, 3 × 10–15

03
Strengthen
Bedside hip drop and rotate, 3 × 10–15

Sets, reps and 3–5 s holds are from Armin's video description; doing it once a day is a suggestion. Focus on movement quality and gradually build strength. Suggested: mild discomfort up to about **4/10** is OK. Don't push through significant pain.

Stop the exercise if you notice

- Sharp pain in the joint during the movement
- Pain, numbness or tingling travelling down past your knee
- Pain that lingers or is worse the next day

Disc, facet and hip problems can feel very similar, so get properly assessed if your pain persists or worsens (from Armin's description).

SAFETY FIRST

Get checked right away if you have

- **Numbness in the groin or saddle area**, or new **bladder or bowel** changes (trouble peeing, or losing control)
- Leg **weakness that is getting worse quickly**, foot drop, or symptoms in **both legs**
- Back pain after a **fall, accident or heavy impact**
- Back pain with **fever**, feeling unwell, or **unexplained weight loss**
- **Constant pain at night** that doesn't ease with rest or changing position
- A history of **cancer**, osteoporosis or long-term steroid use with new back pain

For numbness in the groin or saddle area, new bladder or bowel changes, or quickly worsening leg weakness, **go to the nearest emergency department right away**. For the others, see a doctor promptly. If your back isn't improving after a few weeks, **book an assessment**.

FREE · STAY IN THE LOOP

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NEED MORE HELP?

Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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