

# SI joint stability

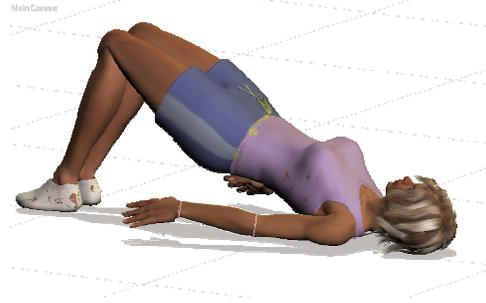
## SQUAT

The squat is fundamental to performance. The squat should be started with a “hip hinge” - in other words, the butt goes backwards and down first. Bending forward at the hip occurs yet the spine maintains its neutral shape. Weight should be felt to go through the heels. Perform 10-15 repetitions.

Perform these throughout the day to provide some motion for your back



## Glut Bridge



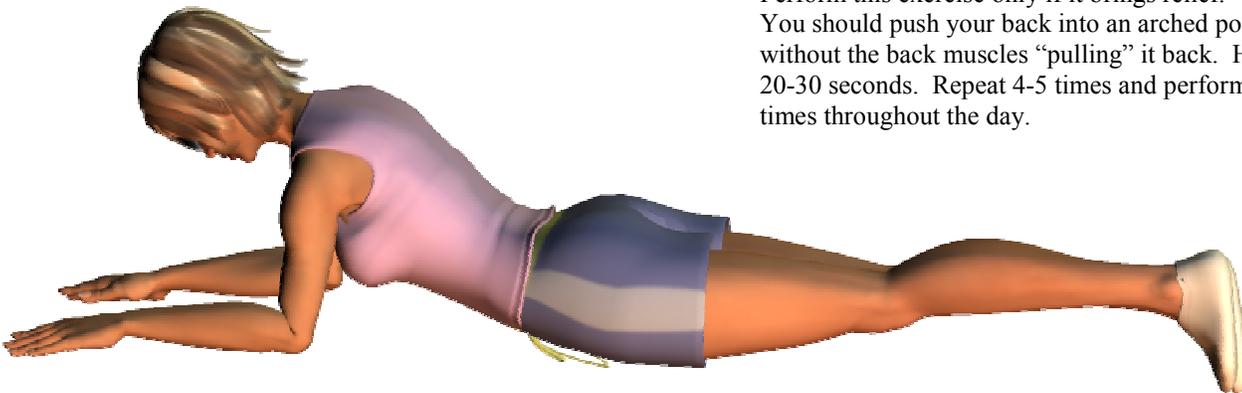
## Glut Stretch

While holding leg push your thigh against your hands. Hold this exertion for 5 seconds then pull leg farther to chest. Repeat 10-15 times



## Prone Cobra

Perform this exercise only if it brings relief. You should push your back into an arched position without the back muscles “pulling” it back. Hold for 20-30 seconds. Repeat 4-5 times and perform 10-15 times throughout the day.



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