

Sacroiliac Pain Rehabilitation Exercises



Hamstring stretch on wall



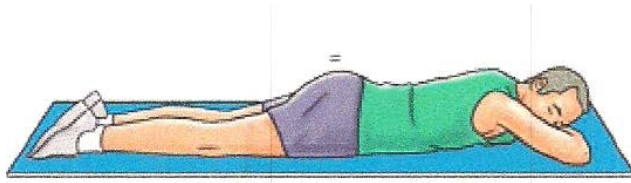
Quadriceps stretch



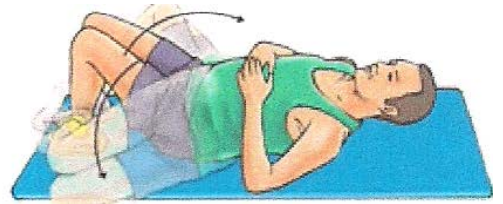
Hip adductor stretch



Isometric hip adduction



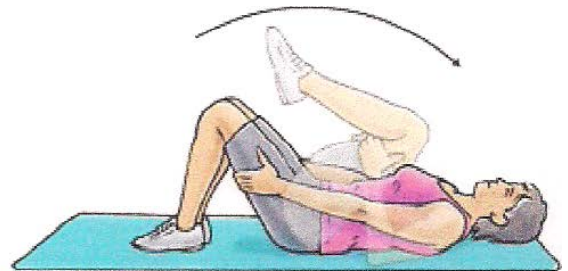
Gluteal sets



Lower trunk rotation



Single knee to chest stretch



Double knee to chest