



**HYPERMOBILITY
SOLUTION**

SI Precautions

The pelvis is a ring, so what occurs on one side will affect the other. Because of this, the goal is to keep all weight going through the pelvis equal whenever possible.

This is a list of precautions that should help you heal and give you some direction. These precautions alone will not guarantee that everything will stay stable, but they will help.

SITTING

- a Always sit with equal weight on both sides.
- b Avoid soft furniture that will make it difficult for you to stay straight.
- c Keep your body and your head facing the same direction (For example if your chair faces an odd direction from your TV, move your TV or change the direction of your chair so that you are looking straight ahead).

STANDING

- a Use equal weight on both legs and avoid having all your weight on one leg unless it is too painful to bear weight equally through both.

DON'T CROSS YOUR LEGS

- a Knees should be straight ahead or out to the side but should not come together to touch. Crossing your legs causes gapping in the SI joint and allows it to move more easily.

SLEEPING ON YOUR SIDE

- a Use a pillow between your knees when you are sleeping on your side, this supports your pelvis and makes it more stable allowing it to heal. See sleeping handout for more information.

LIFTING OR CARRYING

- a Keep objects close to you and try to keep weight similar in both hands (for example, avoid having all your groceries in 1 hand and your car keys in the other).
- b Try to hold small children centered in front of you rather than on one hip.





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SI PROBLEMS TEND TO BE ALL OR NOTHING

- a This means if your alignment shifts the symptoms will suddenly all come back.
- b If your symptoms suddenly return, first try applying heat to your hips while lying down to relax the muscles.
- c Follow heat and rest with some gentle stretches. **(See figure 4)**



***figure 4**

SETUP:

Begin sitting upright in a chair with both feet on the ground. Bring the ankle of one leg up onto the knee of your opposite leg.

MOVEMENT:

Sit up tall until you feel a stretch in your buttocks. Relax, then repeat.

TIP:

Make sure to keep your shoulders relaxed and back straight during the exercise.

HEAT OR HEATING PADS

- a Are helpful to relax the muscles in your buttocks, low back, and outer hips and should feel good.
- b You may also try a topical pain reliever such as Icy Hot™ or Biofreeze™ as these may also may help with pain.

STAIRS

- a Walk stairs with care.
- b You can walk up and down stairs, but do only what you need to and no more. Take 1 step at a time and do not try to skip steps or hurry until your symptoms are more stable.

WALKING

- a Walking is good for this problem but you need to avoid long steps and hills, try to stick to flat ground and take smaller steps rather than striding out.