

Category II
(Sacro-Iliac weight bearing slip separation)
Acute or Chronic Sprain/Strain

- ❖ **Avoid** all impact sports. If you exercise, **AVOID** the Stair Master and any stepping exercises such as football, basketball, soccer, etc...
- ❖ **Avoid** stretching the low-back & pelvis. This includes yoga and pilates.
- ❖ The correct way to bend down is to bend one knee.
- ❖ Do not place anything in your back pockets (it makes your pelvis unlevel when you sit down)
- ❖ **Avoid** lifting (no more than 25 lbs unless otherwise indicated by Dr. Hamel).
- ❖ **Avoid** climbing stairs as much as possible.
- ❖ **Avoid** foods containing refined sugar and alcohol as much as possible.
- ❖ **Avoid** emotional stress whenever possible.
- ❖ **Avoid** sleeping on your side with one leg pulled up higher than the other (no scissor legs!) *use a small wedge or pillow in between your legs
- ❖ **Walk** a minimum of 15 minutes, 3 times a day. You can walk 45 minutes at once instead. Walking will help in healing and improving your condition. **Do as much walking as you can.**
- ❖ **Ice** the sacro-iliac for 10 minutes, at least twice a day. Great after walking, but any time is good. Be sure to place a towel or cloth around the ice before placing on your sacro-iliac.
- ❖ **Never** use heat unless Dr. Hamel approves it. **Don't** use a heating pad or hot tub. A warm shower is ok.
- ❖ **Wear** the trochanter belt as close to 24 hours a day in the proper location on the body (see diagram). If pain **increases** tell Dr. Hamel **immediately**.

It takes about 3 to 4 months for the ligaments to heal completely, so remember to **keep wearing the belt until Dr. Hamel informs you that you are stable enough to go without it.**

