

Heather A Hannam, RPT

Holistic Manual Physical Therapist

Heather.rpt@gmail.com

BODY MECHANICS for SI (Sacroiliac) and PUBIS DYSFUNCTIONS

1. The **MID-LINE RULE**: keep R/L knee position symmetrical relative to the body mid-line.
2. Think "lady in a tight skirt" when moving with your knees together (or imagine marshmallow between the knees).
3. To enter a car, sit on the seat *first* and bring both knees/feet in at the same time.
To exit a car, swing both knees/feet out at the same time and then stand up. Think "lady in a tight skirt".
4. When moving from sitting to lying, use arms to lower your trunk down onto your side (rather than twisting/flipping onto your back) while legs/feet are raised at the same time; then roll onto your back. When moving from lying to sitting, roll completely onto your side, knees bent together (holding that marshmallow), push up with your arms and lower the feet at the same time. Refrain from hooking the feet under/against the bed/table for leverage (this fulcrums at and adds stress directly to the low back and SI).
5. When side lying, place a pillow between the knees to keep thighs parallel; do not let the top knee drop below the lower knee.
If lying on your tummy for sleeping, place 1 to 2 pillows under your abdomen and keep your legs parallel. Refrain from positioning a leg to the side with knee and hip bent.
6. Refrain from lying in a recliner with one leg bent out over the arm.
7. Sit with your knees apart or together; refrain from crossing legs or ankles.
8. When kneeling on one knee, keep the other knee in mid-line; refrain from placing the second foot way out to the side.
9. Squat with either both knees straight ahead or symmetrically out to the side; refrain from dropping one knee to the floor.
10. When putting on pants: try standing with your back supported in a corner or against the wall/furniture for balance, lifting one leg at a time to put on pant; or consider sitting, putting each leg of the pants on, then standing to finish. No hopping on one leg to pull up your pants (this jams the SI on that side).
11. When putting on or tying shoes, either lean over from a seated or one-leg kneel position, or bring foot up onto a chair/stool directly in front of you; refrain from putting a foot on the opposite thigh to tie the shoe. Refrain from twisting your back to pull a heel on.
12. It is okay to have both knees spread widely (yet evenly) apart during sitting or toileting.
13. During sexual activities both legs can be spread evenly apart with knees straight, or knees bent towards the chest, or splayed laterally. It is also okay to have one knee at your chest and the opposite leg stretched out - just maintain the **MID-LINE RULE** L and R.
14. Perform low back/yoga stretching/strengthening exercises with knees/thighs in symmetry unless instructed otherwise by the physical therapist. Refrain from any exercises that are asymmetrical or violate the **MID-LINE RULE**.

Should you forget the **MID-LINE RULE**, immediately self correct with the Pubes Gapping Ex: Seated, Strongly Resisted Thigh Adduction squeezing 1 Fist, then Both Fists side-by-side, then each Forearm firmly between the knees for 10sec each. This is not a "Get out of jail free card", but rather a re-boot ex. (Getting a click or pop at the pubis is a good sign of re-alignment, ie the "shotgun technique", but is not necessary to receive benefit from the exercise.)

The MID-LINE RULE and SI body mechanics are not meant to be a forever "sentence", but rather a way to help the SI Joint remember what it's like to move in and out of symmetry and maintain mobility. Violating the MID-LINE RULE often triggers the body muscle memory to go back to a holding/restriction pattern around the SI Joint. The goal is to regain and maintain full SI mobility. These rules can be challenging at first because so many of these movements are patterned and "off our radar".

That said, many people find that they maintain their SI mobility and have less overall back and hip pain/restriction if they choose to adopt these body mechanics as a way of life.