Sacroiliac Joint Release





Indications

Sacroiliac joint pain.

Cautions

All work must be pain-free.

Do not do this with your client sitting on a portable massage table, as the table may tip over when your client leans forward. Use a chair or a stool instead. The table I used in the video was an electric lift table.

Technique

I have found this to be a simple, effective technique to help clients with sacroiliac joint pain.

With your client sitting, press into the SI joint with your knuckles or the middle phalanges of your fingers. Have your client slowly bend forward and toward the contralateral side so their hand slides down the outside of the contralateral calf. Slowly slide down the SI joint with pressure as your client bends forward.

This can be more effective with eccentric contraction. Do the technique as before, but with your hand on the client's ipsilateral shoulder. Press their shoulder down and toward the contralateral knee while your client resists. Begin with gentle pressure and instruct your client to resist but to let you win. If this is pain-free, your client can gradually increase their resistance.

Do this only 2 or 3 times on each side.
All work must be pain-free.

Scan, tap, or click on the QR code for video