

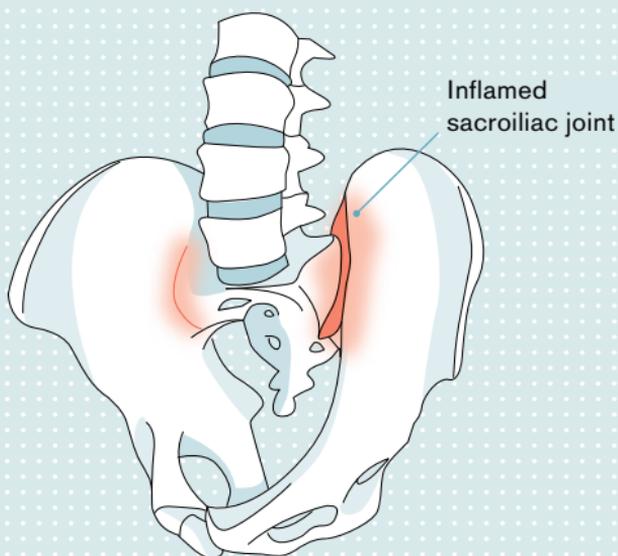
**ottobock.**

# Your back in focus

Dysfunction and blockage of the sacroiliac joint and symphysiolysis



# Where exactly is the sacroiliac joint and what problems can it cause?



The sacroiliac joints are located between the lower end of the spine (sacrum) and the hip (ilium). Dysfunction and blockage of these concealed joints are responsible for lower back pain in around one third of patients.

## **Causes**

- Degenerative changes of the joints due to wear and tear
- Accidents
- Overload
- Loosening of the ligaments, in women, for example, during pregnancy and after giving birth

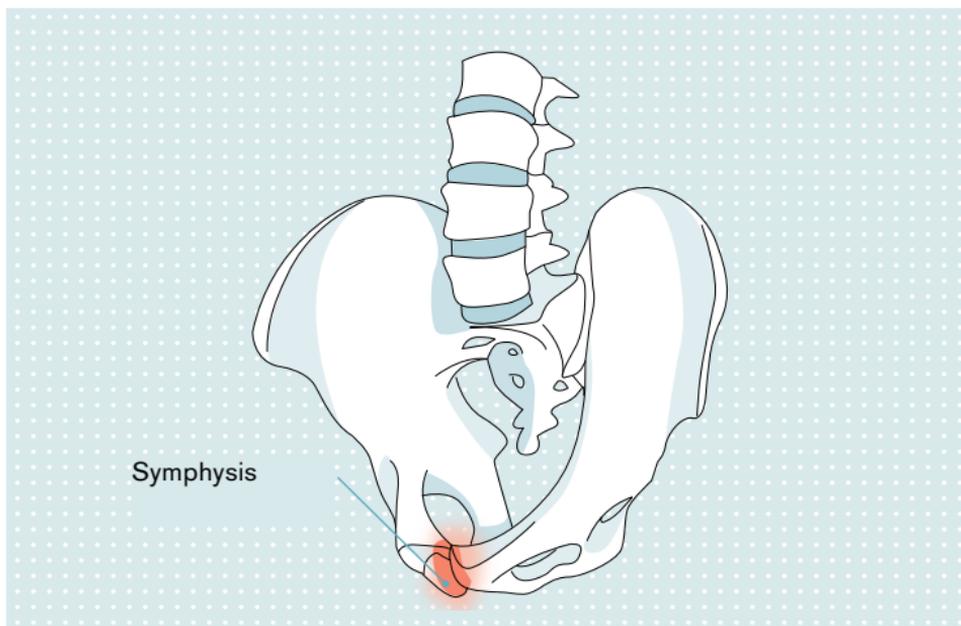
## **Symptoms**

- Pain in the lower back
- Pain at the side of the pelvis and/or the groin (sacralgia, sacroiliitis)
- Pain frequently occurs when sitting, leading to a one-sided sitting position

## **Treatment options for dysfunction and blockage of the sacroiliac joint**

- Physiotherapy
- Use of orthoses to improve proprioception and increase stability
- Anti-inflammatory pain therapy
- Joint injections
- Thermal destruction of nerves conducting pain (radiofrequency neurotomy)

# What are symphysis problems?



A symphysis problem is an instability of the symphysis<sup>1</sup> that can occur as a result of pregnancy. The increasing pressure of the abdomen acts on the symphysis. Affected women report this as being very painful. Restrictions when walking and in particular when sitting are results of this instability.

<sup>1</sup> Symphysis: a bridge of ligaments that connects the right and left pelvic bones.

## **Causes**

- Loosening of the ligaments, usually occurring in women during pregnancy due to the effect of hormones

## **Symptoms**

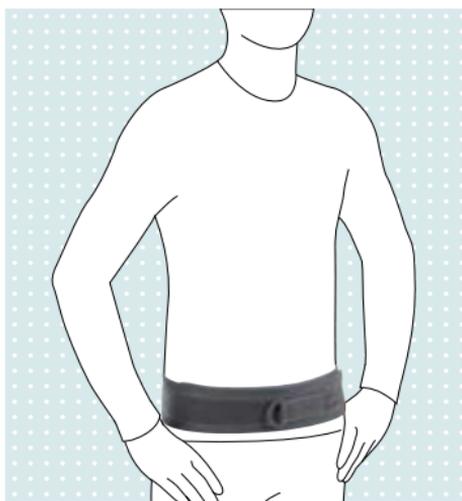
- Pain in the area of the symphysis and sacrum that often becomes more intense during movement and makes it nearly impossible for those affected to lie on their sides
- Pain often radiates into the thigh

## **Treatment options**

- Physiotherapy
- Use of orthoses for support and stabilisation
- Anti-inflammatory pain therapy
- Surgery for persistent symptoms

Below, we would like to present three supporting braces and three exercises for these specific conditions. We hope these exercises help and that you get well soon!

# Use of braces

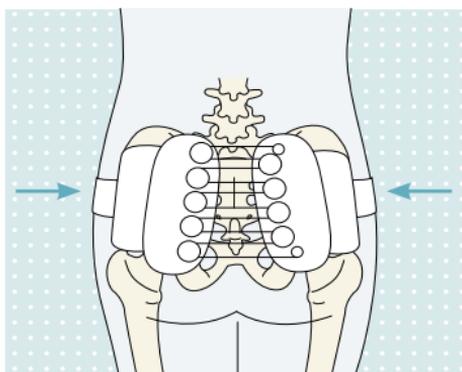


## Smartspine SI Support

Art. no. 50R236

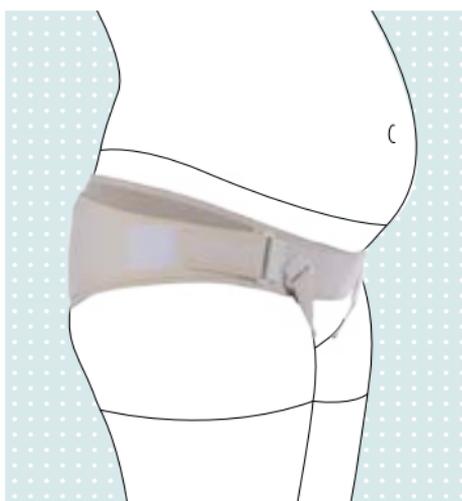
### Maximum stabilisation

The compression provided by the pulley system ensures high stabilisation of the sacroiliac joint. The adjustable and detachable pads can be placed individually or detached for the treatment of symphysis problems.



### Your benefits at a glance:

- Supports and stabilises the sacroiliac joint
- Improves sensorimotor function
- Can contribute to activating muscular stabilisation of the sacroiliac segment of the spine



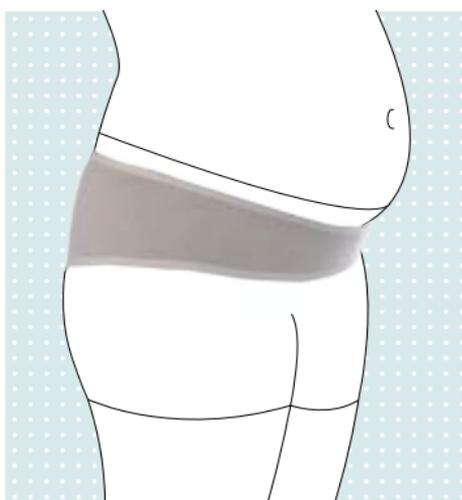
## Dosi Sacro

Art. no. 1045

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### **Secure support and good stability**

The Dosi Sacro is a brace for the treatment of symphysis problems during pregnancy. The combination of firm and elastic materials in the Dosi Sacro ensures an optimised fit. The additional thigh straps ensure secure support and stability.



## Symphysis support

Art. no. 1041

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### **Comfortable to wear, lightweight stability**

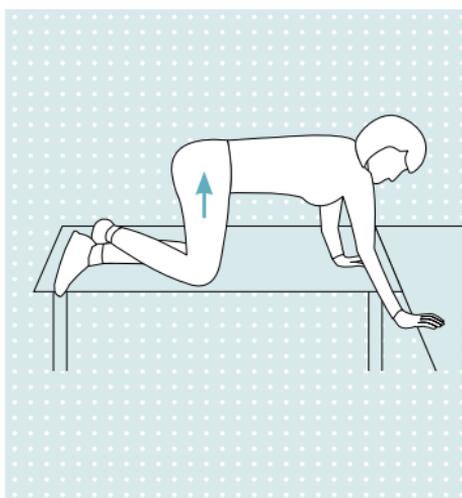
Developed especially for pregnant women, the symphysis support specifically stabilises the symphysis. The soft, elastic material with a pre-shaped fit provides stability and is comfortable to wear. Hook and loop closures make the brace easy to put on and take off.

# Exercises you can do at home

Your practitioner will prescribe a treatment plan to suit your particular problem. You supplement this treatment with the following exercises, which you can do at home. Make sure that you speak to your practitioner before undertaking them.

Remember to breathe steadily during each exercise. Stop the exercise if a certain movement causes pain.

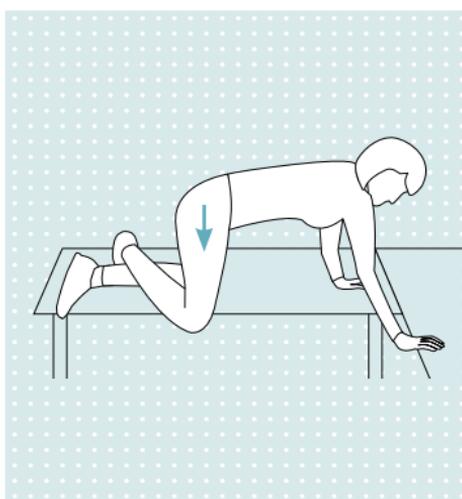


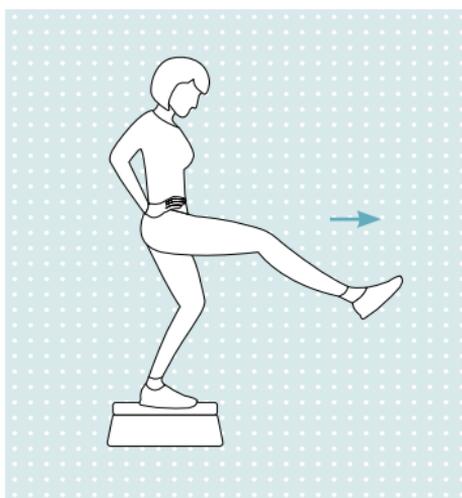


### **Exercise 1: Self-mobilisation**

Kneel down on all fours on the edge of a table or a bench so one leg is not resting on it, but can swing freely. Place this leg over the other at ankle height so the ankles are crossed. Now only the knee is hanging freely.

To unblock the sacroiliac joint, lift the side of the pelvis that is not resting on the bench and let it drop abruptly. Repeat this exercise several times before switching sides.

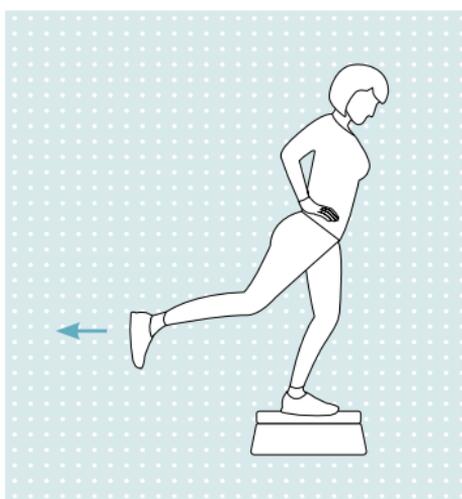


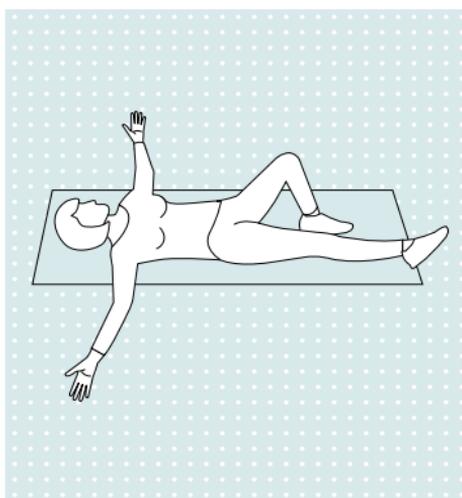


### **Exercise 2: Loosening the pelvis**

Stand on one leg on a stair or a step machine with the knee slightly bent. Let the other leg hang down. Swing this leg back and forth in the air. Change sides after several repetitions.

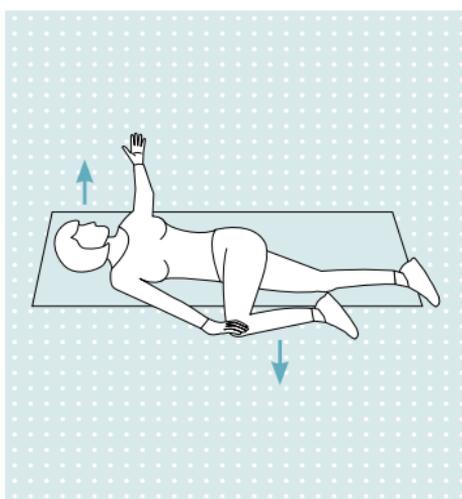
To increase the challenge: when the swinging leg is at its highest point behind you, press the pelvis on the supporting leg forward with your hand. Release pressure as soon as the swinging leg moves forward.





### **Exercise 3: Stretching the pelvis and lumbar region**

Lie with your back on the floor, your legs extended and your arms at a right angle to your body with the palms facing up. Now bend your left leg and place your foot next to your right knee. Grab your left knee with your right hand and pull it to the right towards the floor.



Your back and shoulders should remain flat on the floor. Turn your head to the left – in the opposite direction to the knee. Hold this stretch for about 30 seconds. Then do the exercise on the opposite side.

**Please do not hesitate to contact us if you have any further questions or you would like more information.**