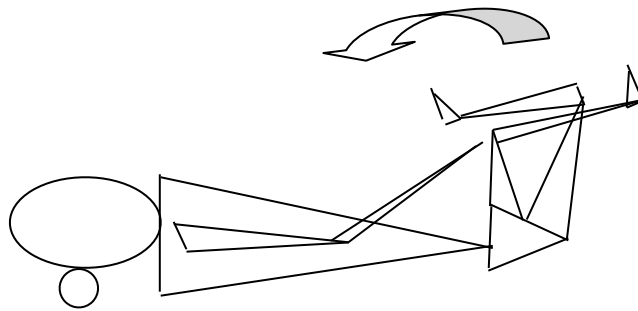


Sacro-Iliac Exercises

1. Lie on back on firm surface
2. Cross one leg over the other
3. Pull the uncrossed leg towards chest
4. Hold stretch for 5 seconds
5. Repeat ten times each side



Do these every other day when you are not in pain and every day when you are.