

## **Prompt: Create a short yoga practice for a student with back pain due to sacroiliac joint instability**

For a student dealing with back pain due to sacroiliac (SI) joint instability, a gentle yoga practice focusing on stability, alignment, and gentle stretching can be very beneficial. The following 15-minute practice is designed to support and stabilize the SI joint while easing tension and improving overall back comfort.

### 15-Minute Yoga Practice for Sacroiliac Joint Instability

#### 1. Child's Pose (Balasana) - 2 minutes

- Start on your hands and knees, with wrists under shoulders and knees under hips.
- Spread your knees wide, keeping your big toes touching, and sit back on your heels.
- Reach your arms forward and rest your forehead on the floor or a cushion.

*Benefits:* Gently stretches the lower back, hips, and thighs while promoting relaxation.

#### 2. Cat-Cow Stretch (Marjaryasana-Bitilasana) - 2 minutes

- From all fours, inhale to drop your belly and lift your tailbone and chest (Cow Pose).
- Exhale to round your spine, drawing your belly toward your spine (Cat Pose).
- Move between these two positions slowly and gently.

*Benefits:* Increases flexibility in the spine and helps relieve tension in the lower back.

#### 3. Modified Downward-Facing Dog (Adho Mukha Svanasana) - 2 minutes

- From all fours, walk your hands forward slightly and lift your hips towards the ceiling.
- Keep your knees bent and focus on extending your spine and lengthening your back.
- Hold for 1 minute, then lower your hips back down.

*Benefits:* Stretches the hamstrings and calves while decompressing the lower back.

#### 4. Supine Knee-to-Chest Stretch - 2 minutes

- Lie on your back with your knees bent and feet flat on the floor.
- Hug one knee toward your chest, keeping the other foot on the floor.
- Hold for 1 minute, then switch legs.

*Benefits:* Stretches the lower back and glutes while promoting relaxation.

#### 5. Bridge Pose (Setu Bandhasana) - 2 minutes

- Lie on your back with knees bent and feet hip-width apart.
- Press your feet into the floor and lift your hips towards the ceiling.
- Keep your arms by your sides and use your shoulders to support your lift.
- Hold for 1 minute, then gently lower back down.

*Benefits:* Strengthens the lower back, glutes, and hamstrings, which can support SI joint stability.

#### 6. Reclined Spinal Twist (Supta Matsyendrasana) - 2 minutes

- Lie on your back with your arms extended out to the sides.
- Bend your knees and place your feet flat on the floor.
- Drop your knees to one side while turning your head in the opposite direction.
- Hold for 1 minute, then switch sides.

*Benefits:* Gently stretches and releases tension in the lower back and hips.

#### 7. Corpse Pose (Savasana) - 3 minutes

- Lie flat on your back with your legs extended and arms by your sides, palms facing up.
- Close your eyes and focus on your breathing.
- Allow your body to relax completely and release any remaining tension.

*Benefits:* Promotes relaxation and helps integrate the benefits of the practice.

**Additional Tips:**

- Breathing: Throughout the practice, focus on slow, deep breaths to help relax your muscles and ease tension.
- Modifications: Use props like cushions or bolsters for added support in poses, especially if you need extra comfort or stability.
- Consultation: Always consult with a healthcare professional or physical therapist if you have specific concerns or conditions related to SI joint instability.

This practice should help in managing discomfort and supporting the SI joint, but be mindful of how your body responds and adjust as needed.