

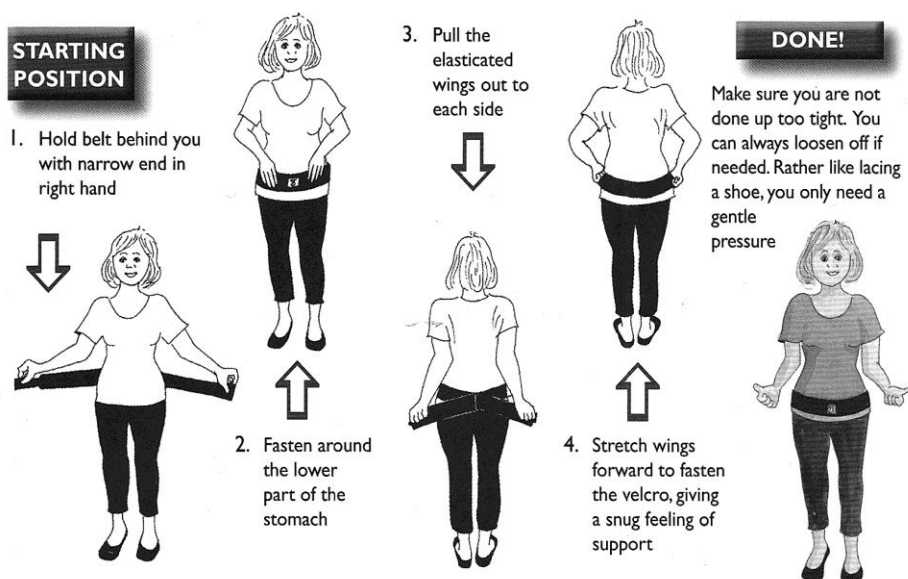
Sacro-Iliac Belt

The Sacro-Iliac Belt or SI belt is used to help the SI joints recover from a sprain/strain injury, and correct application will ensure the fastest possible recovery.

The SI joint is only held together by ligaments (similar to your ankle). The belt allows the joint to heal and prevents re-injuring it.

To ensure correct fitting of the belt follow these instructions.

- The most effective placement of the belt is on your skin. (It can be worn over your clothes.)
- The top of the belt should be place just below the dimples on your back (On guys, it's just below the waist band on your pants).
- At the front the belt should lay over the bones above your hips.
- In the initial stages of healing the belt should be worn 24 hours a day. (Just take the belt off to wash.)
- The SI joint is under the most stress when sitting, and twisting, so ensure you are wearing the belt for these activities.
- **Remember:** your body takes 6-8weeks to heal an injury, the belt may be required during this period (in the later weeks you may only need to wear the belt during activity that stresses the joint).



*Diagram courtesy of Applied Biomechanics

N.B. Limit the amount of time continuously sitting to 30 minutes. Sit in high back chairs where your hips and knees are at 90 degrees, avoid low seats like your sofa as they will stress the SI joint. Windsor Chiropractor ©2013