

Jammed Sacrum Self Release

The sacrum is a wedge shaped bone between the two halves of the pelvis. It is the foundation for the spine. The sacrum is suspended between the two halves of the pelvis by thick ligaments. It is supposed to move when we are walking, bending, twisting, stretching, sitting or lying down. It can typically move as much as 4 mm in any direction.



Sometimes the sacrum can be jammed down and immobilized between the two halves of the pelvis, like a keystone in an arch. Causes include falling on our rear, plopping down to sit rather than lowering ourselves in a controlled fashion, coughing or sneezing, and inappropriate lifting of a heavy object. With a jammed sacrum we may experience back pain or discomfort and stiffness across both sides of the whole lower back. It can also produce hip and buttock muscle pain.

Freeing the impacted sacrum provides significant relief. In my experience sacral jamming can occur frequently. There is a simple exercise that can release a jam. There is no harm if it is performed even when the sacrum is fully mobile.

1. Sit on a chair with your hips and knees at 90 degrees. Your feet should be on the floor. The back of your calves should be 4-5 inches in front of the seat.
2. Bend forward at your waist until your belly and chest are on your thighs.
3. Wrap your arms under your thighs and grasp your forearms or elbows. The object is to be able to prevent movement of your upper body off your thighs.
4. Hold this position while gently attempting to straighten up. This is an isometric movement and you shouldn't actually move very much. Attempt to straighten up three brief times.
5. Now remove your arms from under your thighs and place your hands on your knees. Using your arms push yourself into an erect sitting position. Do not sit up using your back muscles. This completes the sacral release.



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