

# Jammed Sacrum Self Release

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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 as much as 4 mm when we are walking, bending, twisting, stretching, sitting or lying down.

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 produce hip and buttock muscle pain.

Freeing the impacted sacrum provides significant relief. In my experience sacral jamming occurs frequently. There is a simple exercise sequence that can release a jam. When the sacrum is fully mobile doing this exercise will relax the back muscles.

1. Sit on an arm 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. First sit erect or slightly leaning back. Place your elbows on the chair arms so that any attempt to lean forward meets the resistance of the arms and shoulders. Now gently and briefly lean your head and neck backward and then forward towards your lap. Do this three times
3. Next lean all the way forward bringing your chest and abdomen as close to the thighs as possible.
4. Wrap your arms under your thighs and grasp your forearms or elbows. The object is to prevent movement of your upper body off your thighs.
5. 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.
6. 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.

Perform this exercise daily. Even if the sacrum isn't jammed it helps the muscles along the spine.



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