

Restriction Release:

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Back Bottom Sacrum [SAC]

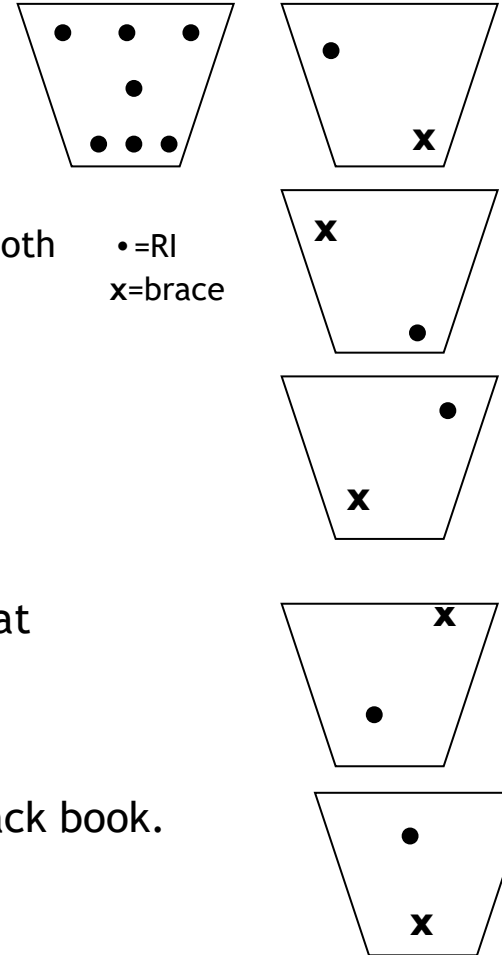
For: Back and hip pain

2X/day check throughout the sacrum. Treat worst points first

Restriction Indicator (RI):

Push with fingertip on sacrum down the middle and off to both sides at top and bottom. [Sacrum big flat platform bone at bottom of spine above tailbone-between pockets on back of pants].

• = RI
x = brace



Movement Combination:

1. Lean against wall with paperback book under opposite corner from the RI. Shift book around until you find position that resolves RI. Stay x 90 seconds.

Or lie on back with something Under opposite side like paperback book.



Alternate Movement Combination:

Ask partner to press down gently on opposite part of sacrum pushing down toward bed using hand or forearm which raises top of sacrum into air.

Recheck RI in same direction with same amount of pressure. Find position of the knee that reduces the RI completely or as close to 0/10 as possible.

Stay in this position for 90 seconds without moving. Maintain contact with tender point but stop pressing. Recheck RI every 30-45 seconds-if RI not released, try slightly different position and restart the clock for 90 more seconds. Slowly return to neutral and recheck RI.