

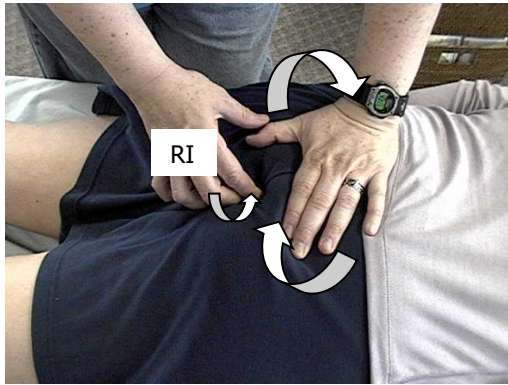
## Releasing Joint Restrictions: ©Lorraine Lovejoy-Evans, MPT, DPT

### Back Bottom Tailbone [BBT]

For: Back and tailbone pain especially pain with sitting on hard surface

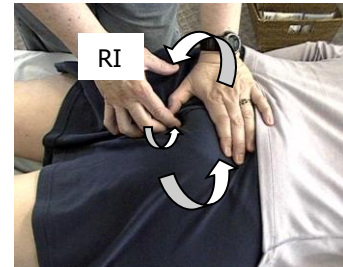
#### Restriction Indicator (RI):

If you are unable, have partner push with fingertip on both sides of the tailbone. Decide which one is worst.



#### Movement Combination:

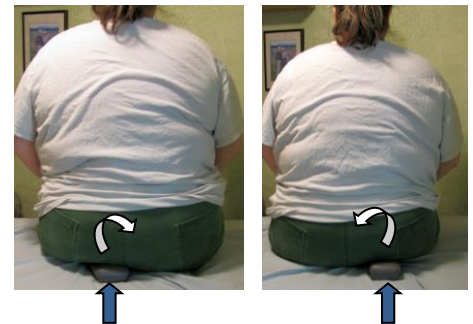
1. Lay on stomach.
2. Keep tender point marked with finger.
3. Have partner twist large flat bone just above tailbone (sacrum).
4. Decide which direction reduces the tenderness the greatest and maintain this position.



#### Alternate Movement Combination:

If unable to have partner assist-sit with paperback book covered in towel or a folded hand towel under one side of sacrum to push it up toward shoulder on one side. If this resolves the RI that is the side you need, otherwise try the other side to determine the best stretch for yourself.

If you got it right sitting should no longer hurt.



Recheck RI in same direction with same amount of pressure. Find position of the sacrum 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.