

Lying on your back with your knees bent,
Gently rotate your spine as you move your
knees to the side and then reverse
directions
Hold for 10 seconds each direction
Repeat 5 times



While on your hands and knees in a crawl
position,
Raise up your back and arch it towards the
ceiling like an angry cat.
Next return to a lowered position and arch
your back the opposite direction.
Hold for 10 seconds each direction
Repeat 5 times



GOT ANY
QUESTIONS?



(868) 470-8254

COCYDYNIA

*"the fancy word for
butt pain"*



“It could be quite painful to sit on it but that was as nothing to the pain experienced when I stood up, or even just moved so that the weight was off it. It made me cry out at times.”

Dawn Knight

COCICYDYNIA

This is typically felt as a localized pain that usually worsens when sitting or with any activity that puts pressure on the base of the spine.

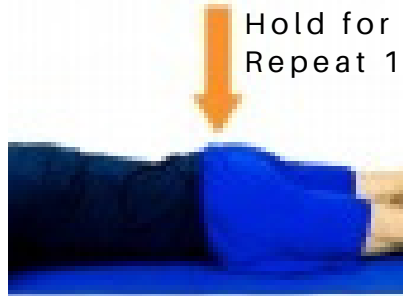
The condition is much more common in women than men.

It is usually caused:

- by trauma to the tailbone or surrounding area, such as a backward fall
- by pregnancy & childbirth.
- on rare occasions by an infection or tumor
- by prolonged sitting on a hard or narrow surface

WORKOUTS TO HELP YOU SIT

Lying on your stomach tighten your buttock muscle
Hold for 5 seconds
Repeat 10 times



Lying on your back with your knees bent
Press your lower back onto the mat
Hold for 5 seconds
Repeat 10 times



Lying on your back with your knees bent
Press your lower back onto the mat
Lift your foot 1" off the ground
Hold for 5 seconds
Repeat 10 times



Lying on your back with knees bent,
Press your lower back onto the mat
Squeeze your buttocks and then raise your buttocks off the mat
Hold for 5 seconds
Repeat 10 times



Lying on your back with knees bent,
Bring both knees to your chest
Hold for 10 seconds
Repeat 5 times

