

What Block Controls the Stack?



If you move the block on top what happens?

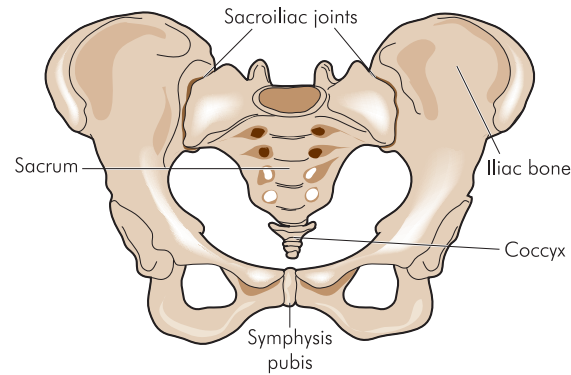
Nothing.

If you move the block on the bottom what happens?

The whole stack falls down!

Your back works the same way. The bones in your back form a stack which sits on your tailbone and pelvis. If something is wrong with your pelvis and it is not moving the way it is supposed to, this can lead to arthritis and herniated discs in the lower back.

What Does it Look Like?



Your pelvis has three bones: the tailbone (called "sacrum"), and two larger hip bones (called innominates). There are three joints: two SI joints (sacroiliac joints) in the back on either side of your tailbone and one joint in the front called the pubic symphysis.

How Do I Fix This?

For your pelvis to work properly and be pain free, each of the joints must move properly. A good Physical Therapist or Doctor can do this for you with hands-on treatment.

The second part requires you to strengthen the muscles in your stomach and lower back. These control the movement in the pelvis and prevent the problem from happening again.

**Successful Treatment =
Normal Movement +
Exercises to Retrain the Muscles**

This information was provided courtesy of Madden Physical Therapy and is intended to be used by medical professionals helping people with lower back pain.

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Top 3 Home Exercises for Lower Back Pain

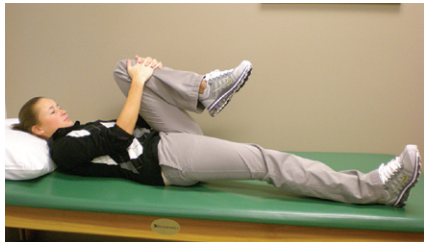
Pain with sitting, getting in and out of a car, rolling over in bed

Sacroiliac Joint (SI joint)



TOP 3 HOME EXERCISES for PELVIC PAIN

Single Knee Isometric



How to do it:

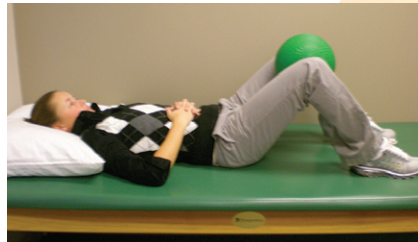
1. Lying on your back, grab your knee with both hands.
2. Keep your other leg straight.
3. Push your knee down into your hands.
4. Keep breathing.

Hold 5 seconds, 10 times.
DO NOT hug your knee to your chest!

What does it do?

This exercise fires muscles in your buttocks and helps half of the pelvis rock in one direction.

Ball Squeeze



How to do it:

1. Lying on your back with knees bent.
2. Ball between the knees.
3. Slightly arch your back by pressing your buttocks into the table. Slightly tighten your stomach muscles.
4. Squeeze the ball.
5. Keep breathing. DO NOT bear down or strain.

Hold 10 seconds, repeat 10 times.

No Ball?

A pillow off of your couch or a folded pillow will work just fine!

Knees Apart with Band



How to do it:

1. Lying on your back with knees bent.
2. Band around knees.
3. Slightly arch your back by pressing your buttocks into the table. Slightly tighten your stomach muscles.
4. Spread knees apart.
5. Keep breathing. DO NOT bear down or strain.

Hold 5 seconds, repeat 20 times.

Want to Learn More?

For videos on pelvic pain, sciatica and other common causes of lower back pain, find "Top 3" on facebook, twitter and youtube.

