

Jammed sacrum



The sacrum is a wedge shaped bone between the two halves of the pelvis. The lowest part of the spine sits on top of the sacrum. Normally the sacrum is suspended between the two halves of the pelvis by thick ligaments. It is one of the elements that move when we are walking, bending stretching, sitting or lying down and plays a primary role when we are erect.

Sometimes if there is enough vertical force, as when we fall on our rear, the sacrum will appear to be jammed down between the two halves of the pelvis, like a keystone in an arch. The sacrum becomes immobile. When this happens we experience more back pain and stiffness, and hip and buttock muscle pain because a normally mobile element is frozen. Freeing the impacted sacrum provides significant relief.

If the sacrum has been jammed for a long time it can be readily freed using manipulative techniques. However sacral jamming can reoccur very readily. There are simple exercises that seem to prevent this from happening. The first should be performed one time every day and frees up the more common flexed form of jam.

1. Stand in front of a cabinet corner with your feet spread apart wider than your shoulders. You should be an arm's length from the cabinet.
2. Bend forward toward the cabinet as far as you can with your hands approaching the floor. If you can actually touch the floor, don't.
3. Hold this position for twenty seconds.
4. Use your hands on the cabinet edge to help you straighten back up. Do not rely solely on your back muscles to straighten up to an upright position.
5. Once erect keep your feet spread apart and thrust your pelvis forward one time. Then return to normal upright.
6. Bring your feet together. This completes the exercise.

The second is reserved for the occasional situations when the first exercise doesn't work.

1. Sit on a stable surface with room to lean back. Place your hands behind you on the surface
2. Lean back supporting yourself on your hands. Do this for twenty seconds.
3. Now slowly bend forward starting with your head and working down to the low back.
4. Move your arms forward and push you back into an upright position.



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