

Coccyx Exercises



Dr. Ho

Perform all these exercises after warming up and stretching. Hold each position for 10 seconds and initially perform 5 repetitions, but plan to increase to 10 repetitions per day as you get stronger.

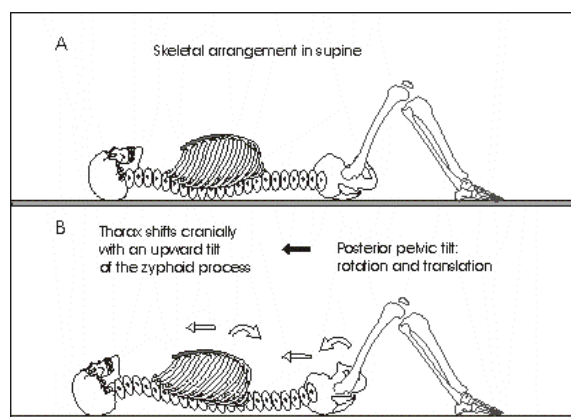
Piriformis and Gluteus Maximus Stretch (seated)

- Sit in a chair and cross legs.
- Rotate your trunk to center on the thigh of the side you want to stretch.
- While keeping head up and back straight or even arched, slightly lean toward the thigh.
- You should feel the stretch deep in your buttocks.



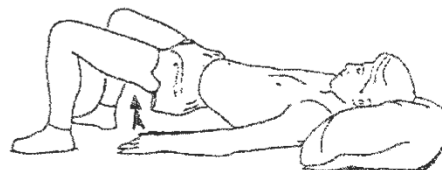
Pelvic Tilt

- Tighten the lower abdominal muscles to rock or roll the pelvis forward or flatten the back against the floor.
- Imagine that you are pressing your lower back into the floor, while lifting and pointing your tailbone (coccyx) towards the ceiling.



Bridge

- Without arching the lower back raise hips upward keeping a straight line from knees to shoulder.



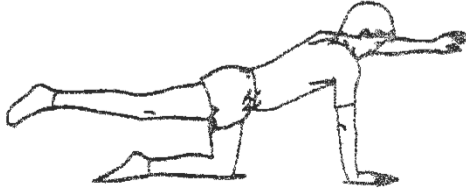
*If you have any problems or questions,
please call your doctor's office (8am-5pm).*

Answering service for after hours.

8270 WILLOW OAKS CORPORATE
DRIVE, SUITE 700
FAIRFAX, VA 22031
P 703.810.5228 | F 571.407.5659
ORTHOVIRGINIA.COM

Quadruped

- While on all fours, lift one arm and the opposite leg.
- Repeat with the opposite arm and leg.
- Maintain a neutral tilt of your pelvis



Kegel Exercises (Pelvic Floor Muscle Exercises)

You can do these exercises anytime and anywhere.

OVERALL DESCRIPTION

- Imagine that you are trying to keep from passing gas and urinating. Tighten the muscles (the pelvic floor muscles) around your rectum and urethra (the openings through which you pass stools and urine). Feel that the area around the rectum and urethra is lifting.

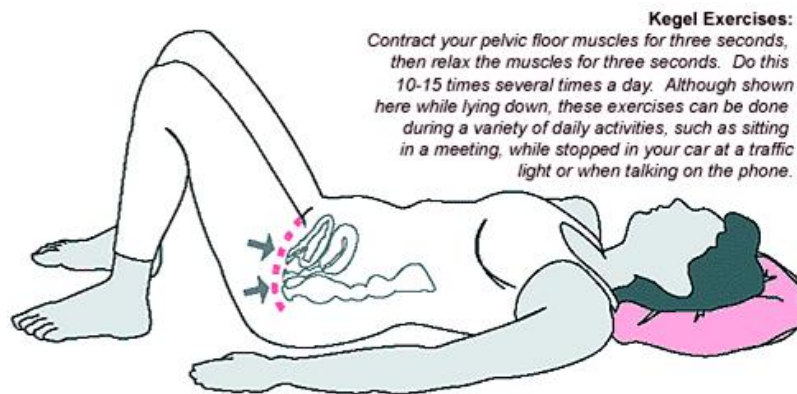
- Try not to tighten the muscles in your legs, buttocks, or abdomen; this can take the focus off of the right muscles.
- Do not hold your breath.
- As you "squeeze" the muscles and hold, feel the contraction in your sacral, pelvic and abdominal region, then slowly relax it.
- Take a slow, deep breath and exhale.
- Start by doing both short squeezes and long squeezes 10-15 times a day, working up to 20-30 times a day from there.

SHORT SQUEEZES

- Tighten your pelvic floor muscles quickly, squeeze hard for 2 seconds, and then relax the muscles.

LONG SQUEEZES

- Tighten your pelvic floor muscles quickly, squeeze hard for 5-10 seconds, and then relax the muscles.



Author: Garry W. K. Ho, M.D., CAQSM, November 2008