



## **TAILBONE PAIN**

Your tailbone, also known as your coccyx, is the small triangular bone located on the bottom of your spine. Although small, your tailbone plays an important role in your posture, balance, pelvic organ support, and low back stability. The tailbone is directly connected to your sacrum, which is connected to your low back and hip bones. It is also an attachment site for your gluteus maximus and pelvic floor muscles. So when you have limited mobility or flexibility in your spinal joints, or if you are having tightness or weakness in your muscles around your pelvis, it can cause pain in your tailbone. Tailbone pain can be sudden and sharp, or constant and dull. Pain is usually worse with long periods of sitting or standing, getting up after sitting for a long period of time, or when passing a bowel movement. It is important to make sure you are stretching and strengthening the structures around your pelvis to prevent or decrease your tailbone. Here at Pelvic Health New Jersey, we have created a guide of different stretches and strengthening exercises that will help to address your tailbone pain!



## STRETCHING

### Supine Diaphragmatic Breathing

DAILY: 1	WEEKLY: 7
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#### Setup

Begin lying on your back with your knees bent and feet resting on the floor. You can place one hand on your stomach and one hand on your chest

#### Movement

Take a slow, six second inhale through your nose, allowing your stomach to relax and expand with air. Then, slowly exhale for a slow six seconds from your mouth. The idea here is to feel your entire body relax, and as you inhale focus on releasing tension into your pelvis as well. Try 1-2 minutes, working your way up to 5 minutes

### Happy Baby

SETS: 3	HOLD: 30 SECONDS	DAILY: 1	WEEKLY: 7
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#### Setup

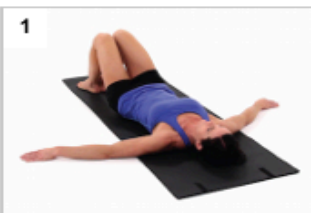
Begin lying on your back with your legs bent and feet resting on the floor.

#### Movement

Lift your legs off the floor with your knees bent. Grab the inner arch of your each foot and let your legs fall outward, opening up your pelvis. If you cannot reach your inner arch, you can also hold on to your shins. Once you are in this position, inhale slowly allowing belly to rise and pelvic floor to release any tension. Exhale, letting belly fall and keeping pelvis relax

### Supine Lower Trunk Rotation

REPS: 10 WEEKLY: 7	SETS: 2	HOLD: 5 SECONDS	DAILY: 1
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#### Setup

Begin lying on your back with your knees bent and feet resting on the floor.

#### Movement

Keeping your back flat, slowly rotate your knees down towards the floor until you feel a stretch in your low back, pelvis, and hips. Hold, then switch sides.

#### Tip

Make sure that your back and shoulders stay in contact with the floor.



## Supine Lumbar Rotation Stretch

<b>REPS: 4</b>	<b>HOLD: 30 SECONDS</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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### Setup

Begin lying on your back with your legs straight and arms stretched out like the letter "T".

### Movement

Bring your right knee toward your chest, then keeping the knee bent, lower the knee and shin towards the left side of your body while keeping your arms out. You can also turn your head to face the right to deepen the stretch. Hold, then alternate sides

### Tip

Make sure to keep your upper body on the floor.

## Supine Figure 4 Piriformis Stretch

<b>REPS: 3</b>	<b>HOLD: 30 SECONDS</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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### Setup

Begin by lying on your back with your knees bent. Cross right leg over the other so your right ankle is resting on your left knee.

### Movement

Pull your left leg towards your chest until you feel a stretch in your right gluteal muscles and right hip and hold.

### Tip

Make sure to keep your back flat against the bed during the stretch.

## Child's Pose Stretch

<b>REPS: 3</b>	<b>HOLD: 30 SECONDS</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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### Setup

Begin on all fours.

### Movement

Sit your hips back while reaching your arms overhead and lowering your chest to the ground. Hold this position.

### Tip

Make sure to relax into the pose and try to sit your bottom back to your heels as much as possible.



## Cat Cow

<b>REPS: 10</b>	<b>SETS: 2</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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### Setup

Begin on all fours with your arms directly under your shoulders and knees bent 90 degrees.

### Movement

Slowly round your back up toward the ceiling by allowing your head to drop down looking towards your stomach and your pelvis to tuck inwards, forming the shape of an upside down "U." Then, reverse the motion by looking up towards the ceiling and allowing pelvic to untuck and tilting your pelvis forward, creating the shape of a "U"

### Tip

Make sure to use your entire back for the motion and keep your movements slow and controlled. Breath with each movement

## Deep Squat with Pelvic Floor Relaxation

<b>REPS: 3</b>	<b>HOLD: 30</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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### Setup

Begin in a standing upright position with a stable object at your side for support.

### Movement

Lower yourself into a deep squat position, allowing your pelvic muscles to lengthen and relax. Hold this position, then stand up and repeat.

### Tip

Make sure to breathe evenly throughout the exercise to let yourself relax. Stop the exercise if it worsens your symptoms.

## Seated Table Piriformis Stretch

<b>REPS: 3</b>	<b>HOLD: 30</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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### Setup

Begin sitting upright on the edge of a table or bed with one leg bent so that the outside of your ankle is resting on the table and your other foot on the floor.

### Movement

Gently lean forward, hinging at your hips, until you feel a stretch across your hip and buttocks.

### Tip

Make sure not to let your back lean to the side as you stretch.



## STRENGTHENING

### Supine Posterior Pelvic Tilt

<b>REPS: 10</b>	<b>SETS: 1</b>	<b>HOLD: 10</b>	<b>DAILY: 1</b>
<b>WEEKLY: 7</b>			



#### Setup

Begin by lying on your back with your knees bent and feet resting on the floor.

#### Movement

Slowly bend your low back and tilt your pelvis backward into the floor, then return to the starting position and repeat.

#### Tip

Make sure to only move your pelvis and low back and keep the rest of your body relaxed.

### Supine Bridge

<b>REPS: 10</b>	<b>SETS: 3</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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#### Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

#### Movement

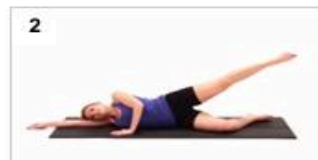
Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

#### Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

### Beginner Side Leg Lift

<b>REPS: 10</b>	<b>SETS: 3</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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#### Setup

Begin lying on your side with your bottom leg slightly bent and your top leg elevated to hip level.

#### Movement

Lift your leg straight up toward the ceiling with your toes pointed as you inhale. Bend your foot toward your body, and lower leg back down as you exhale and repeat.

#### Tip

Make sure to keep your core engaged and do not let your shoulders or hips roll forward during the exercise.



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## Clamshell

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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### Setup

Begin lying on your side with your knees bent and your hips and shoulders stacked.

### Movement

Engage your abdominals and raise your top knee up toward the ceiling, then slowly return to the starting position and repeat.

### Tip

Make sure to keep your core engaged and do not roll your hips forward or backward during the exercise.

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## Quadruped Fire Hydrant

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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### Setup

Begin on all fours with your hands under your shoulders and your knees under your hips.

### Movement

Lift your leg out to your side, keeping your knee bent, then return to the starting position and repeat.

### Tip

Make sure to engage your core and do not let your hips rotate or drop to either side.

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## Mini Squat

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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### Setup

Begin in a standing upright position, with your feet slightly wider than shoulder width apart.

### Movement

Bend your knees and hips into a mini squat position, then straighten your legs and repeat.

### Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.