

Sacral Flexion Postpartum Pattern



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LAB: Sacral Flexion Treatment Prone

INTENTION: To mobility the sacrum into extension to get out of flexed pattern.



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| PATIENT POSITION | Prone |
| HAND POSITION | Palm of hand on S3-4 level or Side of hand on each level of sacrum, treating S3, S4 levels |
| DIRECTION OF MOTION | Force is directed straight down toward the ground |
| ASSESSMENT | To see how the sacrum moves into extension |
| TREATMENT | Load the sacrum into extension to end range and wait for the tissues to soften and release. |

Special Notes: Do not create pain with your treatment. Work on other tissues first then come back and see if less painful. If only one coccygeus muscle has tone, it's not a sacral flexion pattern but part of the common open birthing pattern. You can learn to treat this in the Holistic Treatment of the Postpartum Body Course.

LAB: Sacral Flexion Treatment Supine

INTENTION: To mobility the sacrum into extension to get out of flexed pattern.



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|----------------------------|---|
| PATIENT POSITION | Supine |
| HAND POSITION | Hand under sacrum with palm at level of S3-4 |
| DIRECTION OF MOTION | Force is directed straight up toward the ceiling |
| ASSESSMENT | To see how the sacrum moves into extension |
| TREATMENT | Load the sacrum into extension(toward ceiling) to end range and wait for the tissues to soften and release. |

Special Notes: Do not create pain with your treatment. Work on other tissues first then come back and see if less painful. If only one coccygeus muscle has tone, it's not a sacral flexion pattern but part of the common open birthing pattern. You can learn to treat this in the Holistic Treatment of the Postpartum Body Course.

Home Program to correct Sacral Flexion



1. Take highlighter or thick marker and folded washcloth and roll up marker in cloth.



2. Secure washcloth with rubberband or tape.



3. Laying on a hard surface, place roll just above tailbone so it's on the lower part of your sacrum. Lay on roll for 5-10 mins. If it causes pain, stop and contact your therapist.