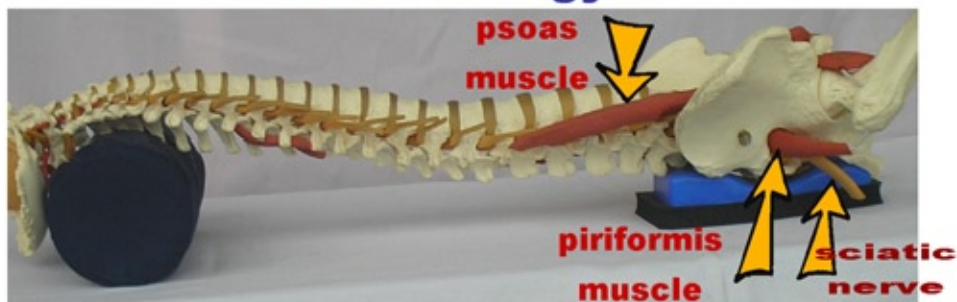


Introduction and placement of the Sacro Wedgy®



The original concept of holding the sacrum with your hand is the concept and placement of the Sacro Wedgy®. It is designed to isolate, cradle and elevate only the sacrum. There is a distinct difference in the male and female version of the Sacro Wedgy®. The female sacrum is shorter and wider than the longer, more narrow male sacrum. That is why some taller women or those with a more narrow frame will be more comfortable on the male version.



Placement is under the sacrum with coccyx (tailbone) in the cradle or dip of the Sacro Wedgy®.



Self care routines - pages 2 through 8



First, start with your knees bent and slowly rock side to side. This helps to relax the muscles and surrounding soft connective tissue. If this seems too intense at first, start without the 3/4" elevation pad. Add the lift when you feel more comfortable.



Next, slowly straighten out legs with heels shoulder width and neck support close to the top of your shoulders so that your head "drapes" over the neck support. Both ends of the spine are now stabilized creating a "dual" traction. Gravity helps relax and re-balance muscles.



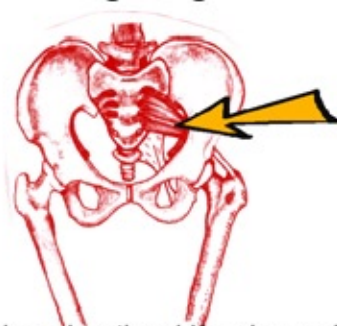
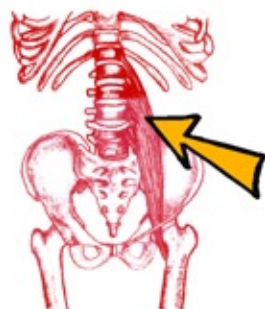
Try relaxing about 20 minutes. It generally takes that long for muscles to release. This is the point at which Coach Meares could feel the release in his hand. If during the 20 minute session muscles tighten, bend knees and rock a few times then straighten legs again.

How to relax and release the psoas and piriformis muscles.

Once again gravity is doing most of the work. The psoas muscles starts in the center of the spine, crosses to the front at the waist, lays deep in the hip and inserts in the top of the thigh. This back to front muscle is often called the "protector" muscle.



Opposite knee is bent and straight leg is out. Slightly bend the knee of the straight leg.



Then in a floppy kind of motion, thrust your foot forward like you are slamming a a brake. Do this 5 to 7 times.

As hips relax, the piriformis now has a chance to release the sciatic nerve. We recommend cold therapy for sciatica. Try uncooked rice in a zip lock bag. Keep some in the freezer for using anytime.

After muscles begin to release, some people, especially athletes, may want to add more elevation under the Sacro Wedgy® with an additional pad. Most, however, are fine with the 3/4" lift that comes with the Sacro Wedgy®.



The rocking tailor position.



This may be too advanced for beginners however, it is a good stretch for the sartorius and psoas muscles. With your hands, not the muscles in your legs, start rocking side to side. It's OK for hands to rock from under or on top of your thigh.



The sartorius muscle is the longest muscle in the body with the origin at top of the hip inserting below the knee on the inside. Knee pain is often caused from a hip misalignment. This is only one part of the "hip to knee" connection. The I.T. Band goes down the outside of the leg below the knee.

PELVIC TILT AND SIDE STRETCH



Always end with the pelvic tilt. This move helps to relax the psoas and work out tightness in the lower back. The first one can be intense - go slow.



You want to very slowly flatten your back to the table or floor, then release. When doing the down move it helps to exhale 7 or 8 seconds. Repeat the pelvic tilt 4 to 6 times. This can be done any time during your 20 minute session or when muscles tighten or resist.



The side to side stretch completes the self care routines before rolling off of the Sacro Wedgy®

Proper way to stand after relaxing on the Sacro Wedgy®



Roll to your hands and knees and very slowly arch up like a cat and down like howling at the moon.



Drop back into the child's pose and hold for a moment. If you are on the floor, slowly stand from here. If you are on a massage table stand from a sitting position.

RELAX, RELAX, RELAX

All of these routines are for the average person with often painful symptoms. Not everyone will be able to do all of the suggested positions and please don't feel like you must do them. Some people will have no problem where as others will have to slowly ease into only lying and relaxing. Gravity is doing most of the work. **THE HARDEST THING YOU WILL HAVE TO DO IS NOTHING!**

SITTING ON THE SACRO WEDGY®



Some people really have trouble sitting for any length of time. Our anatomy needs support in the center similar to older seats with a rise or hump in the center. Now with all of the bucket and soft seats it's no wonder we have problems. Sitting on the Sacro Wedgy® simply creates a proper seat by filling in the center and creating an even plane. Most seats are fine with out the elevation pad however, if the seat is too soft, put the lift pad under or even on top of the Sacro Wedgy®.

Thanks to the models
Rebecca "Moo" Graves
and Pam Cotton-Field.



Rebecca and class
instructor Cindy Ballis.

