

ACUTE/SEVERE SACRAL & LOW BACK PAIN RECOVERY

Avoid sitting for more than fifteen minutes without taking a break to walk around for 2-3 minutes. Extended sitting, especially driving, always irritates it until recovered. Avoid sitting on soft chairs which do not support the lumbar-sacral area. Do not stand in place for more than 5 minutes. Always squat or straddle rather than bend forward - avoid even the most minor bends such as when brushing teeth; also, do not reach up high. Rest on back with pillow beneath knees, and use pillows between knees and ankles when sleeping on side, especially when the painful leg is the high leg.

Walking and swimming are almost always good, as they are gentle and loosen the area; stop all other exercises and stretches as these will irritate it - the Sacro-Iliac joint simply needs to rest and relax for a few days, as it is in spasm and there is inflammation. Once the area has been rested and pain has subsided, you may cautiously add in the strengthening exercises and stretches that will help.