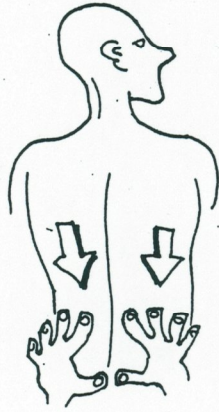


How to Set the Tailbone

Put person on stomach and loosen the spine by light massage downward on both sides of the spine. Do it 3 times on each side.

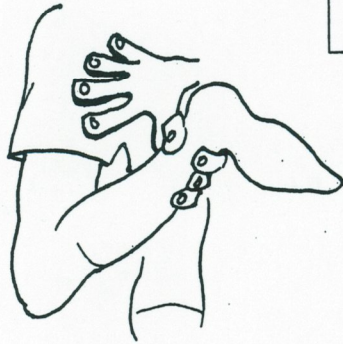


1

Turn their head so it is facing you. Hold one hand over sacrum.

Lift the leg farthest from you, bend knee and bring it toward you (inside) and back to the middle. Do this 3 times. Now 3 times outside and back to the middle. Then down and back to the middle 3 times. Then up and back to middle 3 times.

Now turn their head the other way. Repeat: 3 times inside, 3 times outside, 3 times down and 3 times up.



2



3

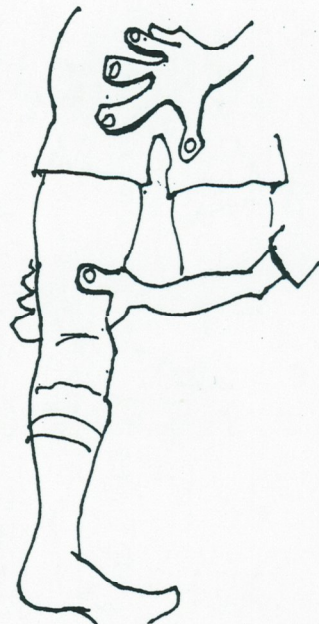
4

Now lift leg by sliding under thigh and swing leg toward you 1, 2, 3 times.

Now go to other side of the person and repeat all steps.



5



Coccyx Exercises