

BOOKLET

# SIJ & LOWER BACK

Simple home therapy steps to  
manage your Lower Back niggles/  
discomfort.

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## WAKE UP WITH LOWER BACK DISCOMFORT??

# WHAT TO DO

- Trigger Points
- Focused Stretching
- Focused Strengthening
- To heat or Ice
- Drink filtered water pinch Celtic salt
- Breathe
- **NEED:** Pressure point ball/ Foam roller/ Swiss Ball
- Do I need to take Anti-Inflammatory? Last resort!

Looking at why you may have woken up with Lower back pain tightness is a good way to avoid it happening too often. It can be anything like the following; carrying children or any awkward heavy object on hips/ bending over rather than squatting to pick things up/ gardening incorrectly/ constipation or have not been for 2 days or more/ dehydration & sitting for long periods are just some reasons. Being aware is key.

So where do you start:

**PRESSURE POINTS:** Must release Glutes, Hamstrings and Iliacus, (tool needed tennis ball/ cricket or Lacrosse Ball or spiky ball/ Foam roller) STAY ON EACH POINT UNTIL YOU FEEL IT RELAXING, BREATHING IS KEY

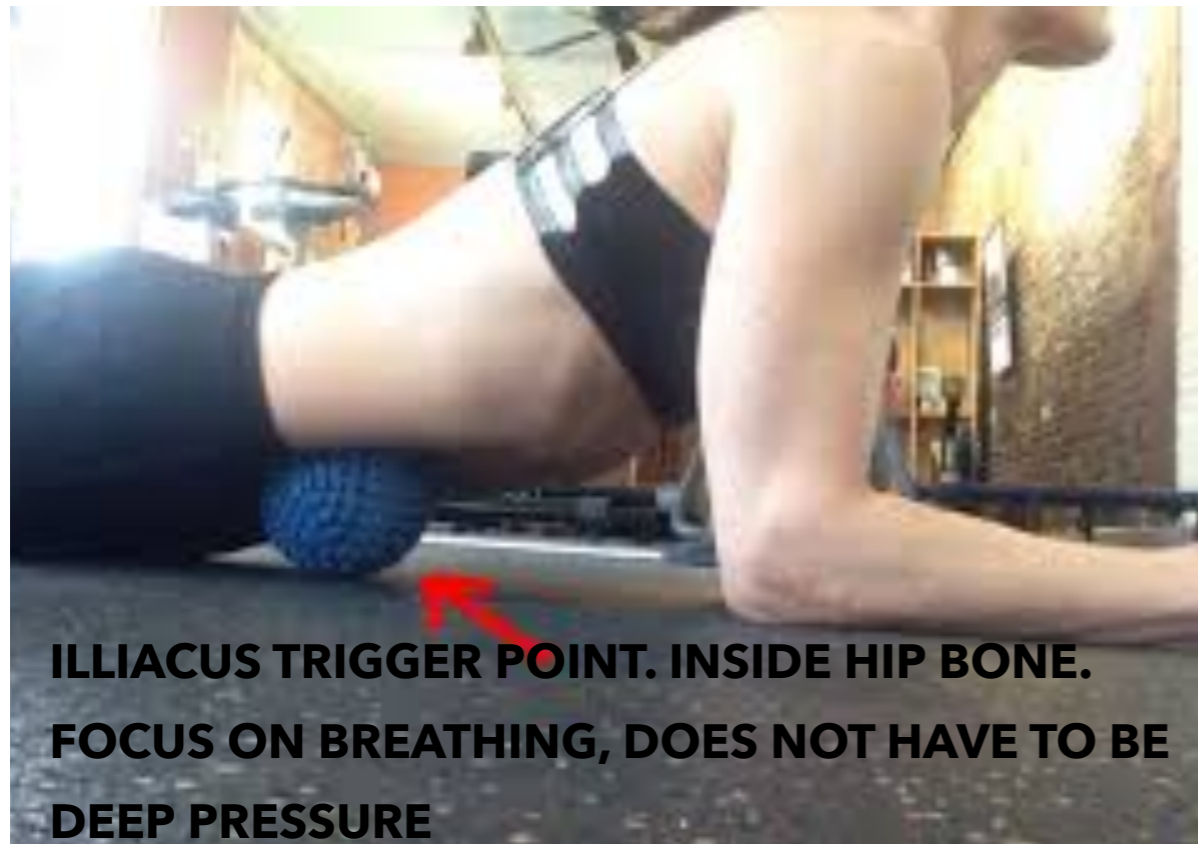
**WHAT TO STRETCH:** Glutes/ Hip Flexors/ Hamstrings/adductors/ Lat muscle HOLD ALL FOR 4-5 GOOD BREATHS

**WHAT TO STRENGTHEN:** TVA (lower abs) & Glutes to start

**WHAT TO HEAT N ICE?** Heat the big muscles, your glutes and hamstrings, your Lower/mid back. Ice your Bony Prominence that is inflamed (painful spot X)

**WHY DRINK WATER & BREATHE:** Joints/ Fascia/ muscles/ blood cells all need water to move freely (we are made up of 60% H<sub>2</sub>O). Filtered water + pinch or 1/4 tsp Celtic salt flushes your system.

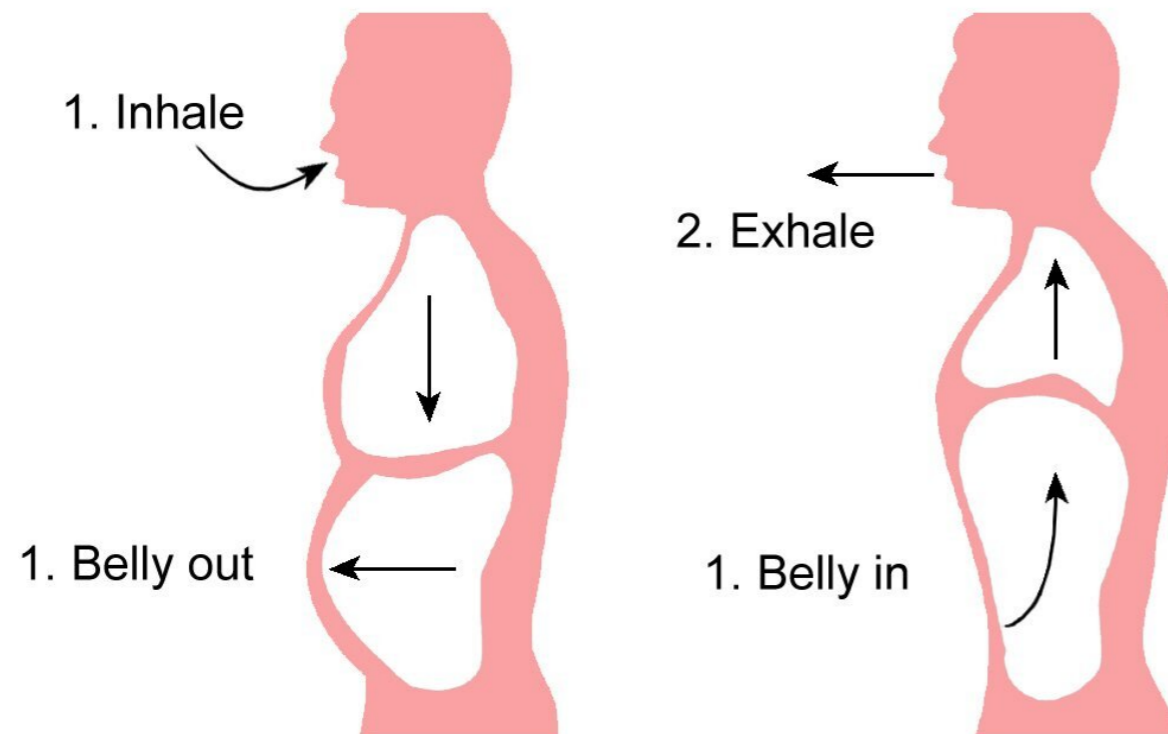




**QUAD AND HIP FLEX STRECTH. FOOT  
CAN GO ON COUCH RATHER THAN  
SWISS BALL**



**SINGLE ARM OR DOUBLE ARM LATS STRETCH**

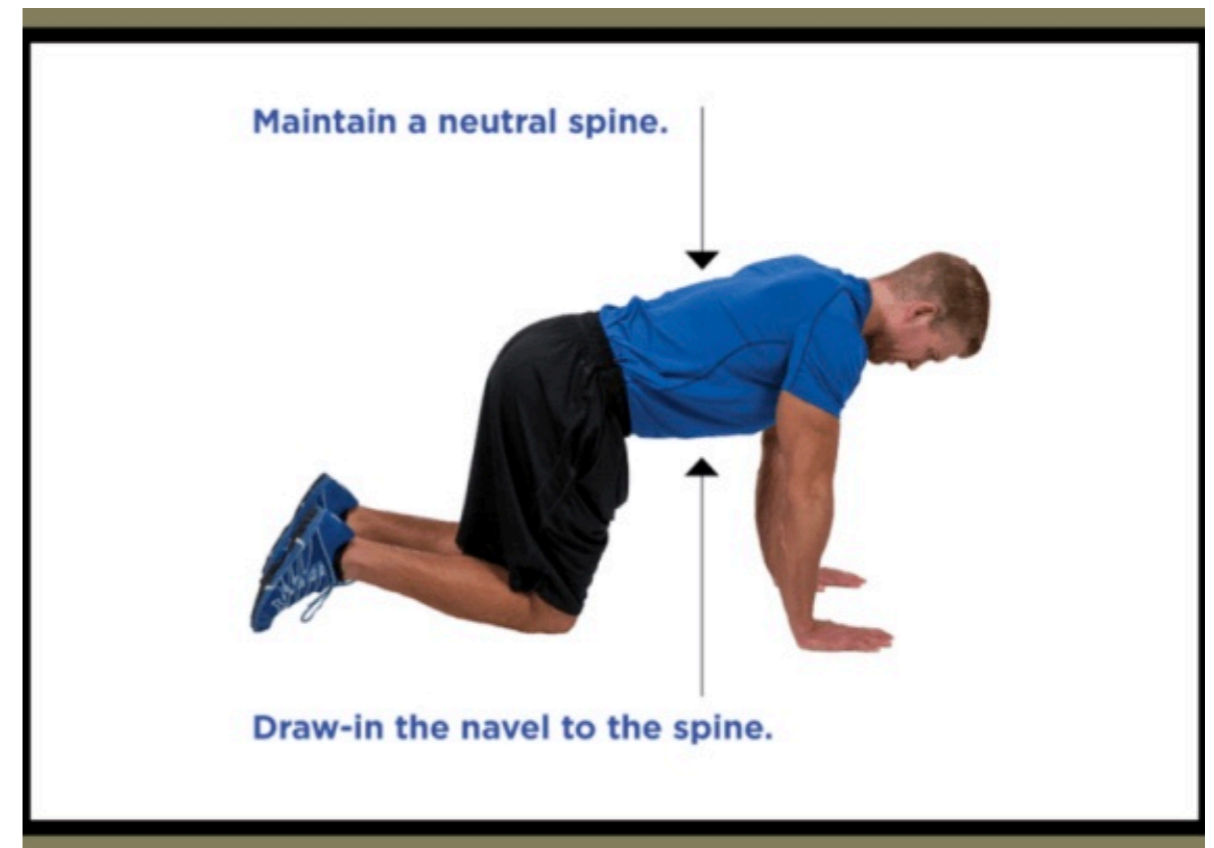


### DIAPHRAGMATIC BREATHING

**HAND ON CHEST & BELLY. INHALE - BELLY OUT THEN LAST 2/3 OF INHALE BREATH IS THE CHEST THEN EXHALE**



**SQUEEZE GLUTES ON. TAKE HIPS TO CEILING DRAW B/BUTTON TO SPINE HOLD 5 SEC SLOWLY DOWN, TAP BUM & GO AGAIN X 8-10 REPS**



### TVA - LOWER CORE STRENGTH

**DIAPHRAGMATIC BREATH IN/ AS YOU EXHALE DRAW BELLY BUTTON IN HOLD 10SEC REPEAT 5-10 REPS**

**WORK SLOWLY WITH EACH  
IF SOMETHING DOES NOT FEEL GOOD STOP!  
IF IT DOES FEELS GOOD KEEP GOING**

**FOLLOW THE STEPS IN ORDER**

**COME BACK TO THE STEP/S THAT GAVE YOU  
THE BEST RELIEF A FEW TIMES IN THE DAY**

**CARRY THE PRESSURE POINT BALL WITH YOU**



**WATER CHANGES EVERYTHING**

Drink  
Your Way  
to  
Better Health

