

Self-Massage For The Low Back & Buttocks



If you have discomfort in your low back, buttocks, or hamstrings, try these.

1. Lie on your side on the floor with your knees bent. Reach your hand as far up your spine as you can and stroke with your thumb along the sides of the spine down to your tailbone.
2. Still lying on your side, press points on your buttocks from your low back to thigh. Press with your fist, knuckles, or thumbs. Hold each point for several seconds, then release.
3. Sit or lie on a tennis ball or a soft “practice” golf ball. If the tennis ball feels too hard, put a towel over it or use it on a soft surface like a bed. Roll your lower spine and buttocks over the ball, lingering on areas that feel tight or painful. Use your body weight to press into them as much as is comfortable. If you get a sharp, shooting pain in your buttocks, you may have rolled over the sciatic nerve. Avoid that hot spot, and see if you can coax those tight gluteus muscles to relax.

Moonshadow Therapeutic Massage