

Sitting-bone exercises

Pain at the sitting bone



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

1 Sitting positions



Sit on a cushion, not on a hard seat. Stand up and move about every twenty minutes.

All day

Every day

✓ **Should feel**

Less pressure under the sitting bone

✗ **Should not feel**

Numbness or tingling down the leg



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Monday to Saturday · Sunday by prior appointment only



Lie on your back, knees bent. Lift your hips off the floor, hold, then lower.

10 times

2 times a day

✓ **Should feel**

The buttocks and back of thighs working

✗ **Should not feel**

Cramp, or back pain



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3

Hamstring curl



Bend the knee against light resistance.

12 times

Daily

✓ **Should feel**

The back of the thigh working

✗ **Should not feel**

Pain at the back of the knee



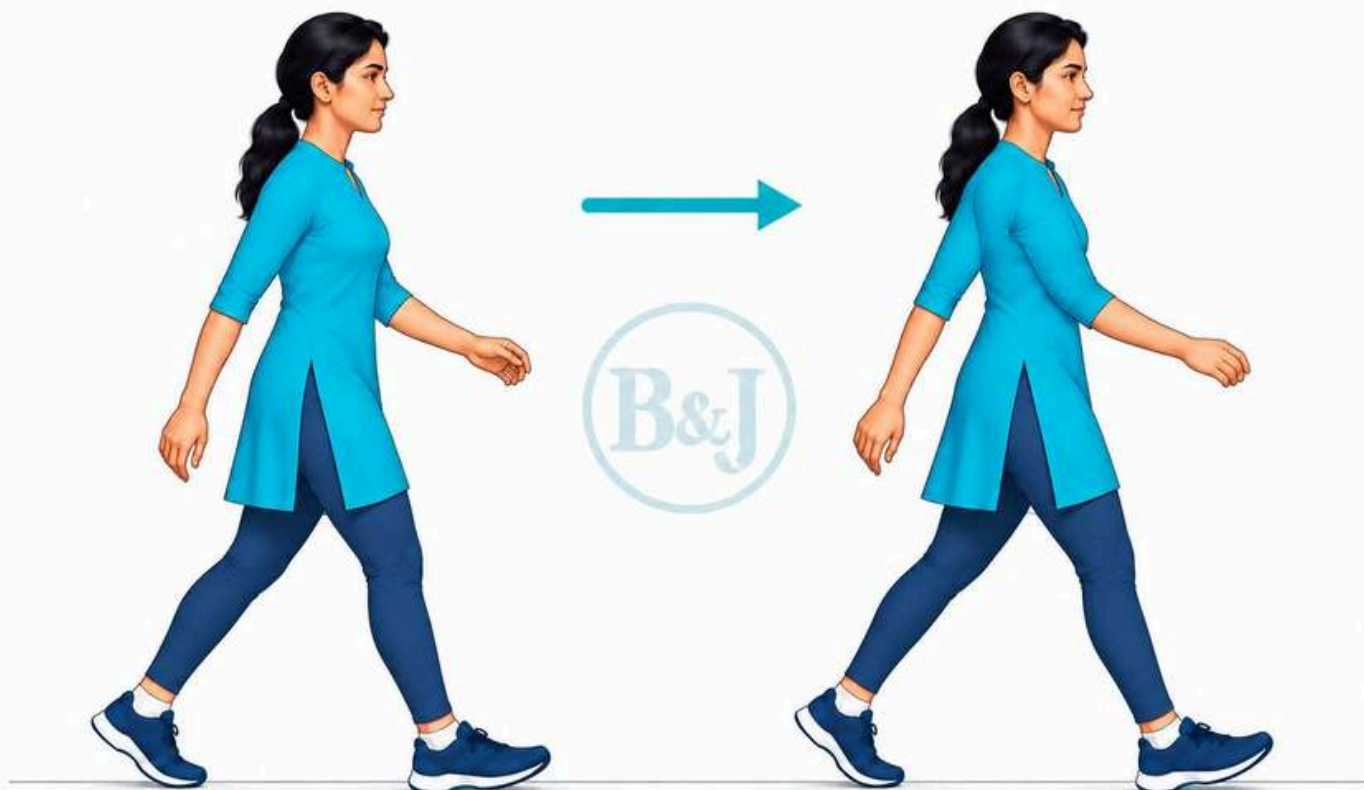
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Walk daily, building distance slowly.

20–30 minutes

Most days

✓ **Should feel**

Easier walking

✗ **Should not feel**

Limping heavily — use a stick

Stop and telephone us if

- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness
- The joint swells up or locks
- You feel unwell or feverish



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