

If you have tailbone pain when you do Pilates, and that would happen in exercises like rolling or things that you have to balance on your tailbone, like the teaser. Uh, you know, it. It's very painful whenever you get into those positions. And I have a trick for you to prevent it and to stop it from happening.

So this trick involves, um, having three mats handy or three items that you can create a little gap, uh, so that your tailbone is sitting in this empty space on top of your mat. So, for example, I'm going to take these two home mats I have, and I'm just going to position them on top of my mat here so that there's about an inch of space between the two of them.

And that little bit of space is going to give me just enough room for my tailbone to be off of the, the mat that I regularly be sitting on. And I'll just show you this way. I've put them so that they're about this far apart. Um, and my. When I sit on them, my sit bones will rest on either side and my tailbone will be right in the middle, or that my pelvis will rest on either side.

My tailbone will be in the middle, and it'll just keep it from being irritated by the pressure of the mat there. And if you just get yourself on it and position yourself properly, you'll be like, oh, yeah, my tailbone isn't touching now. And it's easy to roll. And you still have all the stability that you had before without the pain of the weight of your body on the tailbone.

So I hope you, um, find some use out of that little trick. Um, you can use the little black mats I have if you're working in a studio to do all of your exercises on the Reformer or the window chair or wherever you need it to get yourself a little bit of space off of the mat.

Thanks for watching.