

The Sacred Bones

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The English word sacrum is a shortened version of the Latin term os sacrum or “sacred bone”. In regards to Postural Restoration there are 3 sacred bones that are persistently striving for balance throughout the human body. The sacrum, the sternum and the sphenoid are bones that are interdependent of each other and their balanced function is extremely important in regulating multiple systems of the human body to include but are not limited to the autonomic nervous and respiratory systems.

Around each bone are paired bones. The sacrum is paired with the innominate bones, the sternum is paired with the scapular bones, and the sphenoid is paired with the temporal bones. Interestingly, these sacred bones are housed within or on 3 cavities of the human body to include the pelvic girdle, thoracic rib-cage and shoulder girdle and the cranium. Furthermore these sacred bones are regulated by pressure!

Respiration and or breathing is one of the body’s vital functions and under normal conditions occurs 17,000-22,000 per 24 hours based on a respiration rate of 12- 15 breaths per minute. It means that during this time there are around 20,000 rhythmic cycles of pressure (inhalation and exhalation) and volume changes (pressure gradients) in the cranium, thoracic rib-cage, and pelvic girdle.

The sacred bones form an integrated complex that is interconnected via polyarticular chains of muscle. These complexes regulate and influence one another, meaning abnormal movement or lack of movement of one will influence the balance of the other two. Furthermore the positional and/or orientation of any of these sacred bones will have an influence on the position of the other.

The autonomic nervous system is typically divided into two main divisions, the sympathetic nervous system and the parasympathetic nervous system. These tend to balance each other, offering opposite and yet complementary effects. The parasympathetic nervous system is that

part of the autonomic nervous system that originates in the cranial and sacral regions of the spinal cord. The sympathetic division and the thoracolumbar division, is one of the subdivisions of the autonomic nervous system; often known as the "fight or flight system," it functions in actions requiring a quick response, dealing with response to arousal thus elevating blood pressure and/or breathing rate. The main actions of the parasympathetic nervous system reflects "rest," in contrast to the "fight-or-flight" of the sympathetic nervous system. For the body to be in balance, and to be able to respond to appropriate conditions, both the parasympathetic and sympathetic nervous systems are needed to provide their opposing effects.

Postural Restoration aims to maximize neutrality in the body by repositioning, retraining, and restoring these patterned positions of the 3 sacred bones so that the body can resume optimal function without strain. This includes evaluating and treating the entire body as an integrated whole by balancing the body form front to back, side to side, top to bottom, and inside to outside.