

ABSTRACT

SACRUM PRESSING TOOL AND SACRUM PRESSING UNIT

5 Provided is a sacrum pressing tool that can provide improvement in transmission
function between the upper body and the lower body, thus improving the motor function,
through stabilization of the sacrum per se at the time of not only body rest, but also body
movement or physical exercise. The sacrum pressing tool (X) includes a solid pillar-like
base (21), and a pair of protruding portions (22) protruding in left-right symmetry from
10 opposed side portions of the base (21). A width between outer side faces (22b) of the
pair of protruding portions (22) is set smaller than a width between a pair of the superior
posterior iliac spines (13), so that pressing faces (22a) of the pair of protruding portions
(22) press a sacrum (11) solely.

15 [FIG. 4]

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