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Notes :
Please keep in mind that these exercises were designed as a place to start to address your symptoms. These exercises should not be performed or continued if they cause or increase your pain in any way. Using these exercises for self-management of your symptoms does not replace the value of being assessed by a Health Professional. If you find you need help, let a Strive Pelvic Health Rehabilitation Physiotherapist help you. Book your time today!

1 Toileting position

Place a small stool under your feet, so that your knees are above the level of your hips
Lean forward and place your elbows on your knees
Perform your pelvic floor relaxation breathing
Do not strain to urinate or have a bowel movement

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