

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!

You do not have to perform all of these positions. Find which one(s) works best for you and perform that.

1 Diaphragmatic breathing

Sets: 1 Reps: 10 breaths Freq: 2x/day

Lie on your back with your knees bent and your back in neutral position.

Place one hand on your lower stomach and the other on your chest. Concentrate on your breathing.

Inhale and think about sending the air down to your belly. You want movement of the hand on your stomach to happen up towards the ceiling. Think about a 360 degree breath, sending air to your belly, from the navel to the back. While you are inhaling, think about length/relaxation in your pelvic floor muscles. As a visual, you want to think of a flower blooming from your vagina.

As you exhale, let your pelvic floor muscles relax back to a normal position and the air leave your belly naturally

Repeat



2 Constructive rest



Sets: 1 Reps: 10 breaths Freq: 2x/day

Lie on your back, place your feet on a chair so your knees are bent at 90 °.

Adjust the feet position to achieve the most comfortable position

While in this position, focus on your diaphragmatic breathing and pelvic floor muscle relaxation as described above.

3 Childs pose



Sets: 1 Reps: 10 breaths Freq: 2x/day

Kneel on all fours, having your hands and knees shoulder distance apart. It may be more comfortable to have your knees even wider than hip width apart

Slowly move your hips backward to get the buttocks to your heels

Hold the position while you perform the pelvic floor relaxation breathing described above

4 Cat-cow



Sets: 1 Reps: 10 breaths Freq: 2x/day

Start on all fours with hands underneath the shoulders.

Lift the head and chest simultaneously while letting the stomach sink and the lower back arch to perform the cat. Only go as far as you can with no pain in your low back. Inhale in this position and think about a flower blooming from your vagina

Round the back and let the head and neck drop while trying to get the head and pelvis as close as possible. Exhale and let your pelvic floor relax back to a resting position. Repeat.

5 Happy baby stretch



Sets: 1 Reps: 10 breaths Freq: 2x/day

Begin lying flat on your back. Bend both knees and hold the outside edges of your flexed feet with your hands.

Gently use your upper-body strength to equally press both knees towards the floor below your armpits. Try not to tense your shoulders or chest: keep everything relaxed. Perform your pelvic floor relaxation breathing as described above in this position