



Vaginal Health Pelvic Floor Exercises



Exercises for reducing tension and tightness in the pelvic floor

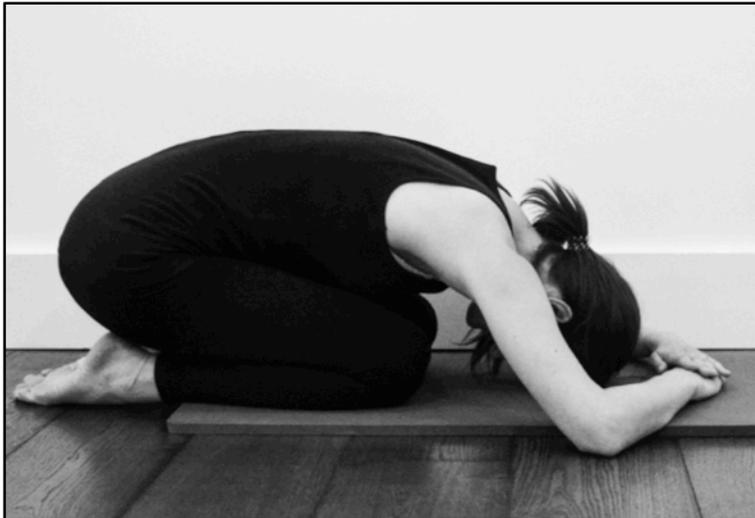
1) Down training the pelvic floor



- Lie down on your back with your knees bent. Place one hand on your chest and the other hand on your abdomen.
- *Inhale* and imagine your abdomen filling with air like a balloon. Your lower hand should rise while your top hand remains still
- Move the breath down and lower your pelvic floor, letting it relax and open
- Make a smooth transition to the next breath without pausing
- *Exhale* and allow the air to move out of you without effort starting from the ribs down towards to the pelvic floor

- Count to keep each breath long and even, 3 seconds in and 3 seconds out. Repeat for 5 minutes daily

2) Pelvic floor muscle stretch and release



- Kneel with your bottom on your heels and your forehead resting comfortably on the ground.
- Focus your attention on your pelvic floor muscles
- *Inhale* and imagine stretching the back of your T-shirt with your ribs and relaxing the muscles around your tailbone as the air fills your lungs
- *Exhale* without effort
- Repeat 5 cycles of breathing in this position

3) Abdominal stretch



- Lie face down on a mat and place your hands by your shoulders.
- *Inhale* to prepare sending the breath down towards your pelvic floor and towards the back of your rib cage
- *Exhale* and press the floor away with your hands to gently lift the body until your arms are straight. Keep the front of your pelvis facing the floor and move within a comfort zone so that there is no pressure in the lower back

- Do 3 cycles of breathing in this upward position allowing your abdominal wall to stretch. Lower again and repeat 5 times

4) Hip stretch



- Lie on your back with your knees bent and place one foot on the opposite knee.
- Lift the leg underneath and take hold of it with your hands



- Draw your underneath leg in towards your chest to stretch your outer hip muscles.
- Hold for 30 seconds while practising your abdominal breathing (exercise 1)
- Repeat twice on each leg

Deep breathing for pelvic floor pain

The "S" sound

Relieves anxiety, tense muscles, and fatigue

- Lie on your back with your arms gently straightened out by your side. Lying down is most relaxing, but you can also take a mini-breathing break throughout your day in any position that you find yourself in. Take a deep breath in through your nose. Breathing in through your mouth sends a panic signal through your system, so it is preferable to breathe in through your nose. You can breathe out through your mouth, making an "S" sound as you exhale. This sound is one of the ways to strengthen your diaphragm by making you more aware of your exhalation. Repeat for 5-10 minutes several times per day.
- Make the sound of an "S" during the entire exhalation. Try to make that "S" sound as loud and as long as you can. Allow yourself to exhale normally as you make the "S" sound like a balloon



expelling air when the top is open; don't try and force the breath out.

- After 5 or 10 minutes, stop and observe how you feel. Does your breathing feel any different? Looser? Deeper?

Some common reactions to making the "S" sound are eye tearing, feeling the need to stretch, runny nose, and yawning. These are all good signs! One less common reaction is light-headedness. Although the feeling is uncomfortable, it is a positive sign. Your muscles need to absorb the extra oxygen. This exercise helps redirect the oxygen to your muscles, thus alleviating your light-headedness.

If you get lightheaded while breathing, do the following exercise:

- Make fists with both hands and press the knuckle-side of your fists together in front of your chest; hold for 5 seconds. Then straighten your arms and reach out to the side as far as your arms will let you, keeping your fists closed; hold for 5 seconds.

Repeat this movement 5x.