

## How to Relax the Pelvic Floor

The pelvic floor is intimately tied to the diaphragm and the breath. In order for the complex pelvic floor system to function properly, we begin our sessions with an exercise to focus on your awareness of the pelvic floor.

When you **INHALE**, the pelvic floor muscles **RELAX** and **RELEASE**.

When you **EXHALE**, the pelvic floor rebounds **UP**, back to center.

Here, we highlight some of our favorite positions to feel this connection. These positions should not increase any pain. Please discuss specific positions that are best for you with your Physical Therapist.

### Basic Postures:



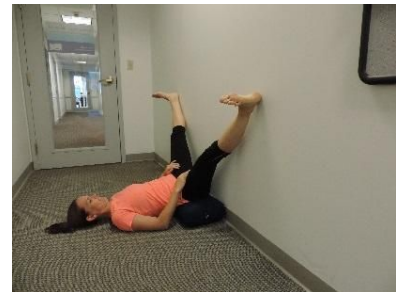


Breathe IN: draw air in all the way, expanding your rib cage toward the back, allow your lower abdomen to rise and pelvic floor expands as well. Focus on keeping your sternum (chest) from rising 1<sup>st</sup> and expand through the ribs to the side and back of the mat. Your tailbone should remain “anchored” and will not tuck on inhale.

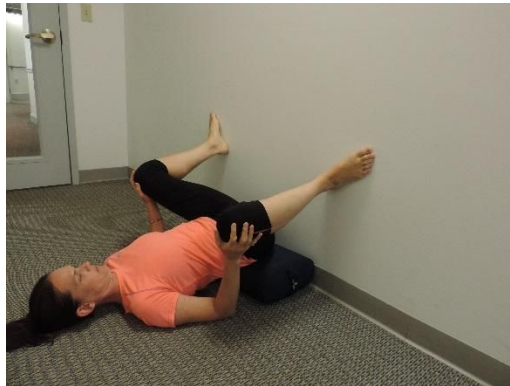
Breathe OUT: Feel your chest and abdomen fall in toward center. Your pelvic floor also rebounds up toward center. Focus on the perineum (area between vaginal and rectal opening).

Breathe IN: Return to a slow breath in through your nose and the ribs, abdomen and pelvic floor should all expand again.

### Wall Series:



## Squat Poses:



The squat is a fundamental position that facilitates pelvic floor relaxation, flexibility and proper toileting. You may not have the flexibility to do a full squat and therefore it is beneficial to attempt these positions supported, with blocks, over the ball or a mat under your heels. The squat on the wall series is a good start as well.

Additional Yoga Poses:

