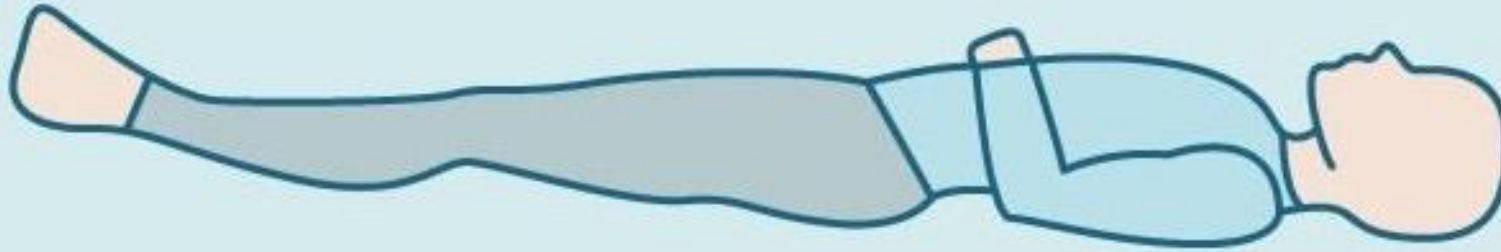


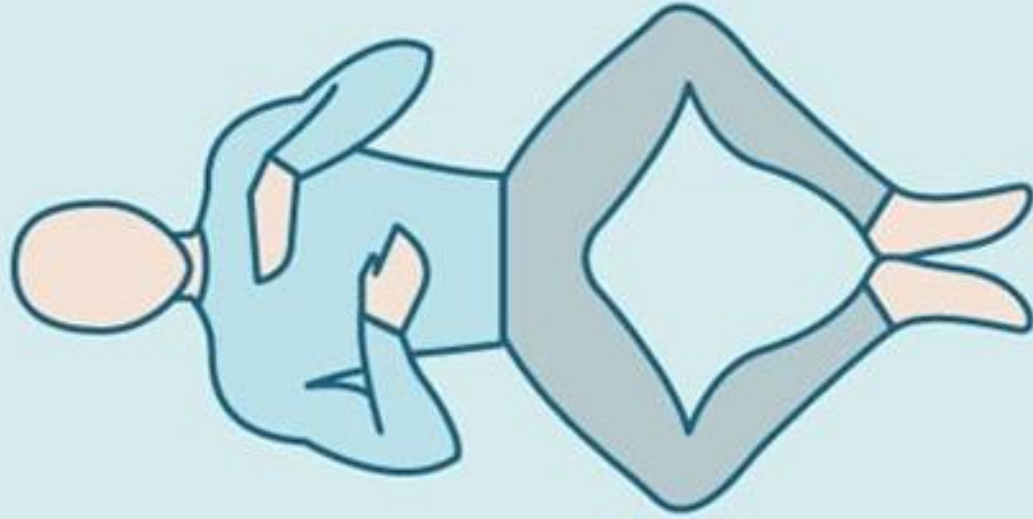
PELVIC FLOOR RELAXATION





ABDOMINAL BREATHING

- Lie on your back somewhere quiet with support under your head and knees.
- Place one hand on your chest and one on your abdomen.
- Take a slow, deep breath in through your nose. Feel your tummy rising slowly into the hand on your abdomen.
- Breathe out slowly through a relaxed mouth. Allowing your tummy to return to its starting position.
- Repeat for 5 minutes. Keep the breath slow and rhythmic (3 seconds for in, breathe, and 3 seconds for out, breathe). Don't force it.
- This deep, abdominal breathing technique will be used in all the pelvic pain exercises. Practice this first to ensure a good foundation.



ADDUCTOR STRETCH

- Lie on your back with a pillow under your head.
- Keeping your feet together on the floor bend your knees up.
- Allow your knees to drop out to the side with the soles of the feet together. You should feel a gentle stretch on the inner thighs between the groin and inner knee. Place a pillow under each knee to provide support to begin with. Reduce the support to increase the stretch over a period of weeks.
- Follow the deep, abdominal breathing technique protocol for 2 minutes.



LYING SQUATS

- Lie on your back with your head supported on a pillow.
- Ensure your tailbone is a few inches from the wall.
- Ensure the hips and knees are bent beyond 90 degrees.
- Place your feet flat on the wall.
- Let your kneed relax and drop out to the side slightly.
- Practice the deep abdominal breathing technique protocol for 2 minutes.
- As you inhale you should feel a gentle dropping or bulging of pelvic floor between your tail and sit bones.

REVERSE KEGELS



- In the squat position take a deep breath into your abdomen (as in the breathing protocol).
- As you exhale gently bear down into your back passage like you are passing wind. This is subtle and should not be forced. You should feel a gentle dropping or bulging of the pelvic floor near your tail bone.
- Repeat steps 1 and 2, this time gently bear down at the front like you are passing urine. This is subtle and should not be forced. You should feel a gentle dropping or bulging of the pelvic floor around the penis and testicles.
- Practice the above techniques for 2 minutes until you are able to feel the subtle changes in both the front and rear portions of the pelvic floor. Be patient, this may take time.
- Once you can feel this subtle change practice steps 1 to 3 with the breath and out breath.
- It should still remain subtle and gentle.



PELVIC FLOOR STRETCH (PNF D2)

- Lie on your back with a pillow supporting your head.
- Bend your hips and knees to 90 degrees and place your feet on a chair.
- Place your feet together and allow your knees to relax out to the side.
- Place your fingertips on your knees.
- Gently push your knees into your fingertips (using roughly 10% of your strength).
- Aim to gently push your knees up and out your ears, to where the corners of the wall meet the ceiling behind you.
- Hold for 5 seconds, relax and repeat. Practice for 30 seconds.
- You should feel a slight drop and bulge of the pelvic floor around the perineum, tail bone, penis and testicles (much like the Reverse Kegel exercise).
- Keep your stomach muscles relaxed, do not brace them. Use the abdominal breathing technique protocol to aid this.



AND FINALLY... LISTEN TO MUSIC

- Plug in your headphones
- Select your music
- Press play
- Lose yourself in your favorite tunes