

Pelvic Floor Exercises

1/3 of women will suffer from a pelvic floor issue at some point in her life.

Over 80% of patients receiving pelvic floor physiotherapy have the opposite of muscle weakness. Instead, they have pelvic floor muscle tension that impairs bladder and bowel functions and causes sex-related pain or discomfort. I fit into that category. I pee my pants not because my pelvic floor is too weak but because it is too tight. Here are some exercises to help!

Happy Baby Breathing

- Lie on your back.
- Bend your knees into your belly.
- Grip the outsides of your feet with your hands (if you have difficulty holding the feet directly with your hands, hold onto a belt looped over each sole or hold your knees).
- Open your knees slightly wider than your hips, then bring them up toward your armpits.
- Position each ankle directly over the knee, so your shins are perpendicular to the floor. Flex through the heels. Gently push your feet up into your hands (or the belts) as you pull your hands down to create a resistance.
- Inhale. Feel your diaphragm lower and your pelvic floor release.
- Complete 10-20 big belly breathes.

Beginner's Tip

Maintain pelvic neutral. Don't allow your lower back to be pressed into the floor. Make sure that your tailbone is pressed to the ground and there is space between the floor and your lower back.

Child's Pose Breathing

- Kneel on the floor. Touch your big toes together and sit on your heels, then separate your knees about as wide as your hips.
- Exhale and lay your torso down between your thighs.
- Lengthen your tailbone away from the back of the pelvis while you lift the base of your skull away from the back of your neck.
- Stretch your arms out in front of you, palms down. Rest your head on the floor and allow your chest to relax.
- Inhale. Feel your diaphragm lower and your pelvic floor release.
- Complete 10-20 big belly breathes.

