



Pelvic Floor & Low back Workshop

1. Pelvic Floor

Relaxation/lengthening

- Learning to relax the pelvic floor and break the chronic habit of clenching and holding tension here is step 1 to addressing pelvic floor and low back concerns!

REVERSE KEGELS

- Imagine initiating your stream of pee, or passing gas
- Remind yourself often throughout the day to do this



BREATHING FOR THE PELVIC FLOOR

- Lay on your back with your feet elevated
- Place your hands on the sides of your ribcage, focus on inhaling and expanding your ribs out to the side

HIP MOBILITY

- Improving hip mobility, particularly hip internal rotation is very important for both pelvic floor and low back health!

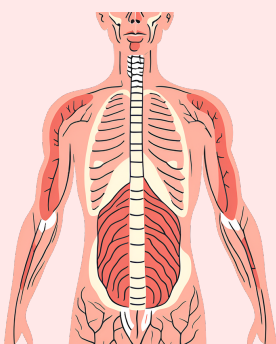
Stretches to try:

- Knee on block hip stretch
- 90/90 hip stretch (focus on the back leg)
- Seated hip internal rotation
- Pigeon stretch
- Childs pose
- Happy baby

2. Engaging the deep core

EXHALE AND ACTIVATE THE DEEP ABDOMINALS

- Lay on your back with your knees bent, have your hands on your lower belly
- Take a breath in, exhale slowly through pursed lips
- As you exhale, lift your pelvic floor and pull your belly button in
- Once you've gotten the hang of this, count to 10 out loud at the end of your exhale while maintaining the core tension



3. Low back & Glute strength

IMPROVE LOW BACK EXTENSION STRENGTH

- Strong low back muscles support your core and pelvic floor, and they also make your low back more resilient when lifting, twisting, and doing impact based exercises

Strength Exercises to try:

- Superman
- Superman with feet held down
- Back extension on stability ball
- Inclined back extension machine
- Glute ham raise machine
- Glute bridge & Single leg bridge



4. Healthy Habits

HABITS TO REDUCE PELVIC FLOOR AND LOW BACK STRESS

- Reduce breath holding during exertion (toileting, exercise, day to day)
- Reduce straining on the toilet (consider seeing a dietician or naturopath to resolve digestive issues that may be contributing to this)
- SIT on the toilet! No more hovering, ever
- Avoid blowing your nose on the toilet

- Avoid periods of prolonged sitting, motion is lotion!