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PELVIC FLOOR EXERCISES



TO DO AT HOME

S H E R E E D I B I A S E P T

PELVIC HEALTH STRETCHES

“Daily” stretching is an integral part of pelvic health. The body was made to move, that’s its job. Movement helps lubricate the joints and helps keep the muscles supple and pliable. It integrates the hips and pelvis to the rest of the body. Stretching empowers the brain and the body to connect. Self care using stretching enables the body to know how to calm and release the morning stiffness in your body and your stretching regime will help you remove the tension in the body that accumulates late in the day.

1) HAPPY BABY STRETCH:



Lay down on your back and gently pull your knees up to your chest. Put your hands on both your ankles as you gently let both your knees fall out to the side. Take a couple good inhalations and exhailes while holding this position for 30 seconds. Repeat 2 more times.

2) SINGLE KNEE TO CHEST



Single Knee to Chest Stretch
(SKTC): Lie on your back and gently pull one knee to your chest. Take a couple good inhalations and exhales while holding this position for 30 seconds. Repeat on the opposite leg.

3) HAMSTRING STRAP STRETCH



Lie on your back and place your strap/middle of towel around the bottom of one foot. Bend opposite knee for relaxing your back. Gently pull your toes backward toward you and pull your leg with the strap up towards the sky. Stop when you feel a good muscle pull. Hold this position for 30 seconds. Change legs.

4) BUTTERFLY STRETCH



Lay on your back and gently bring both your feet together. Take a couple good inhalations and exhailes while holding this position for 30 seconds. Nom Repeat 2 times.

5) FIGURE 4 STRETCH



Lie on your back and pull both your knees up into a bent position with both feet flat on the ground. Gently bring one foot up to rest on your opposite knee. Hold this position and take some good inhalations and exhailes for 30 seconds. Repeat on the opposite leg.

6) GLUT MED STRETCH:



Lay on your back with one leg straight as you gently pull your opposite knee towards your other side. From here gently pull your knee towards your opposite shoulder. Hold this position for 30 seconds and take some good inhalations and exhailes. Repeat on the opposite leg.

7) MODIFIED LOWER TRUNK ROTATION STRETCH (LTR)



Lay on your back and bend both your knees. Gently rock your knees to each side. Or you can slide your yoga ball underneath both your legs and then gently roll your legs from one side to the other side. Repeat 5 times on each side.

8) MODIFIED 1/2 KNEELING QUAD STRETCH



Kneel down onto the floor. Have one knee bent at a 90 degree angle in front of you as your other knee is pulled back behind you. Then gently grab the foot of the knee behind you and hold for 30 seconds. You can rest your other arm on the knee in front of you for support. Repeat on the opposite leg and do this 2-3 times on each leg.

9) MODIFIED 1/2 KNEELING QUAD STRETCH



Kneel down onto the floor. Have one knee bent at a 90 degree angle in front of you as your other knee is pulled back behind you. Then gently grab the foot of the knee behind you and hold for 30 seconds. You can rest your other arm on the knee in front of you for support. Repeat on the opposite leg and do this 2-3 times on each leg.

10) MODIFIED ADDUCTOR STRETCH



In a standing position place both feet outside of shoulder width of your body. Rotate your feet out from your body and gently side down into a modified squat position. Hold this position for 30 seconds and take a couple of good inhalations and exhales. Repeat another time.

11) STANDING PELVIC ROCKS



Begin by breathing in deeply to your belly and lateral ribs and rocking your pelvis forward in a tiled position. The pelvic floor is in a more elongated position here and it helps with its flexibility when you are rocked forward. Then exhale blowing out as you contract your low abdominal muscles in the area where your hands go in your pockets and rock your pelvis posterior as the pelvic floor muscles contract and shorten. Do these slowly to a four count and feel the pelvic floor and abdominal muscles working together with the breath from your diaphragm. Do 6-10 of them.

12) CHILD'S POSE STRETCH



Gently get onto the floor with your hands and knees. Touch your big toes together and sit back into your heels. Place your hands stretched out in front of your body. Lie head down onto the floor for relaxing your spine. Hold this position for 20 seconds. Repeat again.

13) CAT AND COW



Kneel down on all fours with arms under shoulder blades and knees positioned under hips and pelvis.

Begin by breathing in deeply into your belly and allowing your pelvis to rock forward and as you do your back will drop down so there is a downward arch present. Then exhale and tighten your tummy muscles from your pubic bone and rock your pelvis backwards. Your back will now arch towards the ceiling. Do this 3-4 times, slowly and with your breath.

FINAL THOUGHTS

Pelvic stretching done daily can enhance your quality of life and needs to be done with the supervision of a trained medical professional. Please always ask for help if you are not sure how to do an exercise and never do a stretch if it is painful. The Stretching sensation will feel like an elongation of tissue, but should not be painful or feel like something is tearing.

Disclaimer: Please only do these exercises if you have seen a pelvic PT specialist or you have been approved to do them by your MD. If you have never done stretching exercises before, please seek a medical professional for guidance and direction. Our organization is not liable for any issues that may occur doing this stretches and you are doing them at your own risk .Picture Copyright: This list of stretches is the property of Lake City Physical Therapy, PA and cannot be used on any other sites or with any other material written or photographed without the written consent of our organization.