

Relaxation Exercises for the Pelvis

This leaflet describes a three stage exercise programme for pelvic floor relaxation. Please use it with the guidance of your physiotherapist.

Diaphragmatic Breathing

- Start with 3 slow deep breaths in lying or sitting (See [Diaphragmatic Breathing](#))
- Slowly breathe in to the base of your lungs, allowing your tummy to rise gently.
- Breathe out slowly allowing your tummy fall back down.
- When you breathe in, imagine your pelvic floor muscle relaxing and opening.
- Imagine softening your neck, ribs and lower back.

Pelvic Stretches

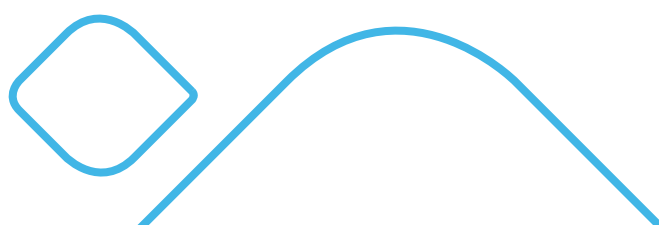
- Choose your favourite 4 exercises below
- You should feel a gentle stretch, not an increase in pain.
- Hold for 5 deep slow breaths, focus on breathing slowly and deeply into your diaphragm and relaxing your tummy.
- Repeat each stretch on both sides up to 3 times
- Only do what feels comfortable. If your symptoms worsen, stop and discuss this with your physiotherapist

1. Forward Lean

Place feet just wider than your hips and turn toes inwards.

Rest arms forward on a support.

Lift your tailbone and drop your chest.



2. Windscreen Wipers

On all fours, turn one foot out to the side, gently lean back and hold to feel a stretch on the outer edge of that hip. Bring foot back in.



3. Cat Cow

Start on hands and knees.

Breathe in to prepare.

Cat: Breathe out as you round up through your spine. Let your head drop towards the ground and your tailbone tuck under.

Cow: Breathe in as your chest gently opens towards the floor. Lift your head and point your tailbone to the sky. Alternate between Cat and Cow.



4. Down Dog to Cobra

Down Dog: Hands and feet on the mat, hips pushed high, forming an inverted 'V' shape.

Press through your palms and drive your heels toward the floor. You can keep your knees slightly bent if there is too much pull in your hamstrings.

Transition to Plank: As you breathe out, lift your heels off the floor and roll your body forward into a high plank position. Keep your tummy muscles engaged and your wrists aligned directly under your shoulders



Cobra: Lower your hips toward the mat and straightening your arms to lift your chest. Keep your shoulders relaxed away from your ears and your neck long



Return to Down Dog: As you breathe out, engage your abdominal muscles, press your palms into the floor, lift your hips back and up, and slowly return to your starting Downward Dog position



5. Hip Flexor Stretch

In a lunge position with a pillow under your knee. Hold a chair for support. Tuck your tailbone under then slowly lean forwards.



6. Gentle Twist

Laying on your back, slowly bend one knee and draw it across your body. Allow it to drop towards the floor on your opposite side. You should feel a comfortable stretch through your lower back and glutes.



7. Figure Four

Place one foot onto the opposite knee, pull the thigh towards you feeling a stretch in the back of your leg and glutes. Keep shoulders relaxed.



8. Deep Glutes/Pigeon

Bring one knee in front of you and rest it on the floor. Straighten the other leg out behind you. Slowly lean forward over your knee, arms forward.



Deep Breaths and Pelvic Floor Relaxation

- Finish your exercise programme by choosing one relaxation position from the options below.
- Chose the option that feels the most comfortable for you.
- Relax your pelvis, your jaw and your frown line.
- Take 5, slow, deep diaphragmatic breaths
- On the inbreath, imagine your pelvic floor relaxing.

1. Rest Position

Laying on your back, use cushions to support under your knees and relax them out wide. Feel your belly move as you breath.



2. Knee Hug

Hug your knees to your chest. You may find it easier to have your knees slightly open.



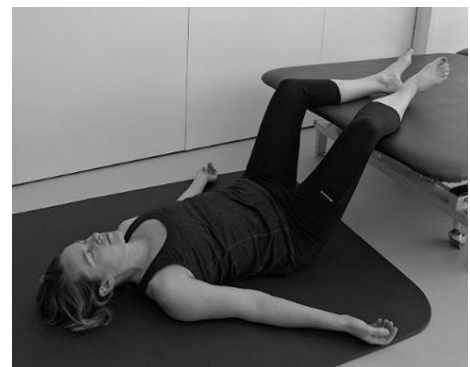
3. Happy Baby

If you can't reach your feet, hold the back of your thighs or your lower legs. Relax and widen the pelvis. You might like to rock side to side.



4. Modified Happy Baby

Place your bottom near a sofa or support, rest your calves and spread apart. You can use cushions for support under head or gluts.



5. Child Pose

Start on all fours with knees apart, reach arms forward and stretch your bottom down towards your heels.



6. Deep Squat

Place your feet wide with toes pointed out. Use a stool under your bottom or a wall for support if needed. Elbows rest on inner thighs.



Please note that this is a guide and an individualised assessment and programmes are often required.

If you have ongoing concerns and would like to be assessed by a physiotherapist, please ask your GP or health visitor for a referral.

If you have any queries, please do not hesitate to call Physiotherapy reception on [\(01225\) 821241](tel:01225821241). They will be able to direct you to your Physiotherapist.

Alternatively, you can email ruh-tr.therapiesoutpatientadmin@nhs.net

To access video links and further support, please visit the Physiotherapy webpage: <https://ruh.nhs.uk/patients/services/physiotherapy/>



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