

Pelvic Floor Muscle Relaxation

While many people suffer from weak pelvic floor muscles, some people have overactive or tight pelvic floor muscles. Learning how to relax these muscles can help with persistent pelvic pain, painful sex, painful urination and painful bowel movements.

Practise _____ daily for _____ minutes.

Relaxed Abdominal Breathing

Lie or sit in a comfortable position. Place one hand on your belly and one hand on your chest.

- As you breathe in, feel your belly and pelvic floor expand. Keep your chest and shoulders relaxed.
- As you breathe out, focus on the “letting go” feeling throughout your body.
- Progression: allow the breath out to be longer than the breath in.

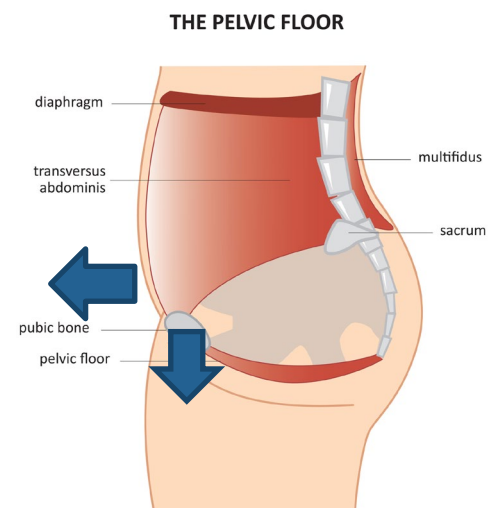
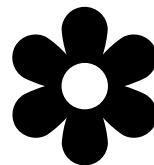
Body Scan

While performing abdominal breathing, mentally scan your body for tension and let go of any tense muscles.

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|---------------------------------|---|
| • Forehead – smooth out | • Inner thighs – roll outwards and soften |
| • Jaw, mouth – open and widen | • Buttocks – soften |
| • Shoulder – lower and soften | • Abdomen – soften/flop out |
| • Fingers – soften and lengthen | • Pelvic floor – see below |

Pelvic Floor “Drop Down”

- Let your belly bulge outwards and let your vagina and/or anus or scrotum drop down as if you are about to urinate.
- Perform any time you feel yourself “gripping.”
- Repeat: _____



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Consumers and/or carers provided feedback on this publication.