

Pelvic Floor Muscle Stretches



Butterfly stretch

While in a seated position, bend your knees and bring the soles of your feet together. Next, slowly let your knees drop towards the floor until you feel a stretch on the inner thighs.

- Repeat 2 Times, hold for 30 seconds
- Perform 2 times a day



Piriformis and hip stretch - seated

While sitting in a chair, cross the affected leg over the other as shown. Next, gently lean forward until you feel a stretch along the crossed leg.

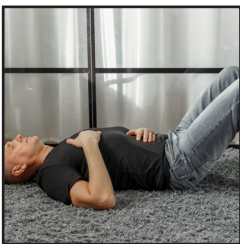
- Repeat 2 times, hold for 30 seconds
- Perform 2 times a Day



Happy baby pose

Lying on your back, start with your legs against the wall. Bring one leg towards you with the knee bent at 90 degrees and hold the inner foot. Repeat with the other leg. Hold.

- Repeat 2 times, hold for 30 seconds
- Perform 2 times a day



Diaphragmatic breathing

In a reclined position, place one hand on your diaphragm and the other on your chest. Take slow and deep breaths. The hand on the chest SHOULD NOT rise or fall. Try to push your lower ribs to the sides as you inhale. While breathing, imagine the opening of the vagina.

- Repeat 5 times
- Complete 2 sets, perform 2 times a day



Hip flexor stretch

Put one foot behind you. Tuck your pelvis underneath you. You should start to feel a stretch in the front of your back leg. You can feel a greater stretch by putting more weight on the front leg.

- Repeat two times hold 30 seconds
- Perform 2 times a day