

Breathe | Release Tension | Mobilise | Strengthen

Feel Connected.

Awaken your
Pelvic Health.



Your pelvic health relies on the balance and efficiency of all the muscles of your pelvis and hips and your whole body's alignment and posture. Nothing works in isolation so if your gluts are over working your pelvic floor is under working, if your head and shoulders are rounded forward they are putting strain on your pelvic floor.

Many women experience Pelvic Health symptoms during the hormonal changes of menopause. Vaginal Pain, leaking, inability to fully empty bowels, sciatic & back pain, groin pain, frequent or urgency of urination are all symptoms of pelvic floor dysfunction can all be improved by restoring balance to your pelvis. It is more than a weak or strong pelvic floor! The pelvic floor muscles need to lengthen to squat, pass bowel movements and other daily activities even walking and excessive tightening can prevent this causing pain or Dysfunction. Breathing and releasing is an important first step before your body is able to find balance.

Practice each exercise 8 times,
daily if possible to restore
your Pelvic Health

Material provided by **Claire Sparrow**
www.wholebodypelvichealth.co.uk

Exercise #1 AWAKEN YOUR PELVIC FLOOR



Good for: Reminding your brain, diaphragm & your pelvic floor to talk to one another.

Set up: Sit on a rolled up hand towel from the front to the back of your pelvis. Repeat sitting on it from one sit bone to the other.

How to: Breathe in gently & slowly towards the towel and breathe out gently away from the towel.

Cue: Imagine your diaphragm and pelvic floor rising and falling together like the movement of a jelly fish.

Exercise #2 BENT KNEE OPENINGS



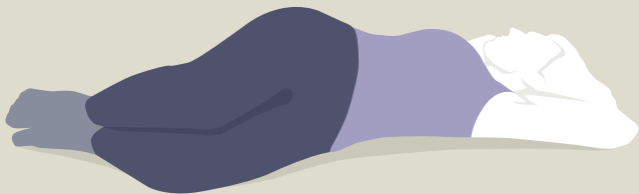
Good for: Mobilising and strengthening your hips & pelvic floor for stamina.

Set up: Lie on your back with your knees bent, feet slightly apart, hands on your hips & gaze towards the ceiling.

How to: Slowly open & close both knees.

Cue: Imagine your pelvic floor opening & closing with your knees.

Exercise #3 THORACIC ROTATIONS



Good for: Mobilising the upper spine to improve posture and to reduce pressure on your pelvic floor.

Set up: Lie on your side with your knees bent, hands clasped behind your head, everything stacked and looking forward.

How to: Let your head roll back into your hands and let your gaze follow your top elbow. Sink your top knee down to roll back to the start position.

Cue: Legs stay heavy not fixed. You are melting across the back of your shoulders like butter melting on hot toast.

Exercise #4 PRONE KNEE BENDS



Good for: Releasing the tension through the front of your hips & thighs that can prevent your pelvic floor from functioning.

Set up: Lie on your front, head resting on your hands, legs open in a 'v' shape with your heels in / toes out.

How to: Slowly bend your knees bringing your feet towards each other.

Cue: Imagine wearing lead boots, so your feet stay close to the floor.

Exercise #5 ROCKING CAT



Good for: Improving strength and responsiveness of your pelvic floor when coughing, sneezing and jumping.

Set up: On all fours, hands under your shoulders, fingers spread and knees under your hips.

How to: Curl your spine over an imaginary beach ball. Hold it and rock back & forth.

Cue: Imagine there is a string pulling your pubic bone towards the crown of your head.

Exercise #6 SIT TO STAND



Good for: Improving strength and responsiveness of your pelvic floor.

Set up: Sit on the edge of a chair, feet back under you. One hand below your navel, and one on your chest.

How to: Inhale into your hands. Exhale strongly as you press your whole feet down into the floor.

Cue: You may not get up off the chair!
You don't need to activate your pelvic floor.

*“It’s not a floor! It’s a responsive,
flexible diaphragm that needs a variety
of movement to function. It’s not weak.
It’s stiff, restricted & imbalanced, and it
needs movement to heal itself.”*

— Claire Sparrow —

For a step-by-step guide how to restore your pelvic floor
– visit www.wholebodypelvichealth.co.uk

T: 03300 552 122

E: info@halsawellbeing.com

halsawellbeing.co.uk

