Pelvic Pain Foundation OF AUSTRALIA

Easy Stretches to Relax the Pelvis

These stretches loosen the muscles inside and around the pelvis. A support or small roller under your hips or spine can be added if it is difficult to hold a position and relax.

- You should feel a gentle stretch, not an increase in pain.
- Hold for 5-8 deep slow breaths, focus on your belly expanding and relaxing. Imagine softening your neck, ribs and lower back.
- Repeat each stretch on both sides up to 3 times.
- Finish the stretch series with a gentle walk or relaxation meditation.

Glutes



Deep Glutes - 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.



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.

Pelvic Floor



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.



Happy Baby - If you can't reach your feet, hold the back of your thighs or your lower legs. Relax and widen the pelvis. Some prefer to rock side to side.

Obturator



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.



Windscreen Wiper - 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.

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Spine



Cat - Breathe out as you round up through your spine. Let the crown of your head point to the ground and your tailbone tuck under. Alternate between Cat and Cow.



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.

Pelvic Floor



Modified Happy Baby - Place your bottom near a wall or support, feet flat on the wall and spread apart. You can use cushions for support under head or glutes.



Childs Pose - Start on all fours with knees apart, reach arms forward and stretch your bottom down towards your heels. Allow your tummy to soften to the floor.

Hip Flexor



Wide Knee Drop – Bend knees and place feet wide of hips on floor. Slowly drop knees to one side and adjust to feel a stretch in the front of the higher hip.

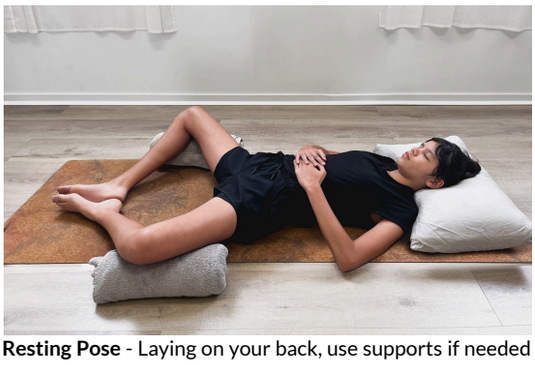


Supported Hip Flexor - In a lunge position use a chair or blocks under hands for support. Tuck your tailbone under then slowly lean forwards.

Pelvis



Gentle Twist - Laying on your back, slowly bend one knee and draw it across your body. You should feel a comfortable stretch through your lower back and glutes.



Resting Pose - Laying on your back, use supports if needed and relax your knees wide. Feel your belly move as you breath.

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