

## Stretches for Pelvic Pain

All these exercises are tailored towards those individual's experiencing pelvic pain or pelvic discomfort. They are designed to gain more flexibility in the tissues around the lumbopelvic and spinal area all of which directly form or affect the pelvic floor. These stretches and poses will also aid abdominal and/or pelvic congestion and/or pain.

All exercises should feel like a stretch with no exacerbation of pain or symptoms. During these stretches you may feel discomfort and a stretching sensation but **NO** pain.

It is likely that this program of exercises will take 10 minutes. All stretches should be held for 30 – 45 seconds and ceased immediately if any pain is felt. Throughout the program emphasis should be focuses on breathing and relaxation.

It is recommended that you complete this routine is completed twice a day, both AM and PM.

### Leg Drainage



During this pose a stretch may be in the back in the of the leg and potentially into the sitting bone depending on how tight you are. If you feel any tingling or sensations down the back of your legs simply bring your bottom further away from the wall. This should be done for 4-5 minutes.

## Adductor Stretch



During this pose a stretch should be felt through the groin on both sides. Your hands should be utilised to apply pressure as comfortable.

## Internal Rotators



This pose should cause a stretch into your buttock. The stretch may also feel deep within the buttock, this is normal. To be completed both sides