

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.

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.

All stretches should be held for 30 – 45 seconds and ceased immediately if any pain is felt.

It is recommended that you complete these stretches twice a day.

Single Hamstring Stretch



During this pose the stretch should be felt back of the leg and potentially into the sitting bone depending on how tight you are.

Double Hamstring Stretch



During this pose the stretch will be felt down the back of both legs and potentially into the sitting bone depending on how tight you are. There may also be a stretch felt into the lower back due to the flexion in the lumbar spine.

Modified Happy Baby Pose



Once again during this pose a stretch will be felt down the back of both legs and potentially into the sitting bone depending on how tight you are. There will also be a stretch felt through the groin into your pubic bone.

Adductor and Hamstring Stretch



During this pose a stretch should be felt through the groin on both sides. A stretch will also be felt into the hamstrings both sides and into the sitting bone.

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.

Medial Rotators Stretch Stage 1



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

Medial Rotators Stage 2



This pose is a more advanced version of the one above. This pose will cause an increased stretch into the buttock and is far more likely to feel deeper within the buttock.