

**Pelvic Floor Muscle
Release Techniques
Physiotherapy Service**

Diaphragmatic (tummy) breathing:

Sit or lie comfortably with one hand lightly on your upper chest and one hand on your upper abdomen (tummy or belly), where it meets your lower ribs.

Focus your attention on your breathing.

If comfortable for you, breathe in slowly through your nose, and then out through either your nose or mouth.

Aim to keep your upper chest more relaxed as you breathe in and out. You may need to adjust your position or posture so that the bottom of your ribcage can move freely. If you are slouched then the ribcage may be restricted.

Try imagining that you have a balloon in your abdomen and as you breathe in, the balloon is gently inflating with the breath. This should cause your tummy to gently rise, and your lower ribs to lift outwards. As you breathe out, imagine the balloon gently deflating – your abdomen should gently fall.

You can also visualise or imagine your pelvic floor muscles 'releasing', 'relaxing' or 'letting go' with each breathe in.

Continue with this breathing technique for a few minutes at a time. The aim is to slow and re-direct the breaths, not practice deep breathing, which could make you feel light-headed. If this happens, return to your usual breathing until it settles.

As with any new skill, the more you practise, the easier it will get. Repeat short sessions throughout the day, or as often as you find useful.

Visualisation:

As you breathe, think about your pelvic floor muscles at the base of your pelvis.

As you breathe in, imagine that they are 'letting go', 'melting', 'releasing' or 'dropping'.

Contract/Relax of the Pelvic Floor Muscles:

Breathe in, then as you breathe out **gently** squeeze up your pelvic floor muscles from the back passage, in an upwards and forwards direction. Then, as you breathe in, **release** the pelvic floor muscles... release a bit more...and release a bit more.

Repeat up to 10 times in a row.

You may find the following videos useful:

Pelvic Floor Relaxation Exercises for Pelvic Pain (Michelle Kenway) [Pelvic Floor Relaxation Exercises for Pelvic Pain - YouTube](#)

How to relax your pelvic floor to reduce pelvic pain (my Physio SA) [How to relax your pelvic floor to reduce pelvic pain my Physio SA Adelaide Womens Physio-therapist - YouTube](#)

Additional information:

This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg