

**Pelvic Floor Muscle
Release Techniques
Physiotherapy Service**

Diaphragmatic (tummy) breathing

Sit or lie comfortably with your hands lightly on your tummy, just below your ribs.

Focus your attention on your breathing.

Aim to keep your upper chest 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 will feel restricted.

Imagine 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 then fall as you relax the breath out (imagine the balloon gently deflating).

Continue with this breathing technique for a couple of minutes.

Pelvic floor muscle release

Now think about your pelvic floor muscles and as you breathe in imagine that they are 'letting go', 'melting', 'releasing' or 'dropping'.

Contract/Relax

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 _____ times.

Additional information: YouTube Videos that patients have found useful

Pelvic floor muscle release

How to relax your pelvic floor to reduce pelvic pain (my Physio SA) Pelvic Floor Relaxation Exercises for Pelvic Pain (Michelle Kenway)

Contract/Relax

Starter moves for tight pelvic floor, weak core (femfusion fitness)

Pelvic Floor Muscles Stretches

Pelvic floor release stretches (femfusion fitness)

Scan the QR code for quick access via your Smartphone



Or visit our web pages:

<https://abuhb.nhs.wales/hospitals/a-z-hospital-services/physiotherapy/pelvic-health-physiotherapy/>

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