

Diaphragmatic Breathing

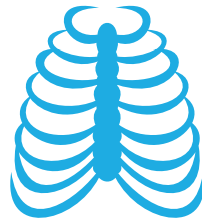
7 breathing tips to "quiet" your pelvic floor

- ✓ The diaphragm is your primary breathing muscle and forms the top part of the "core".
- ✓ A key part of pelvic floor muscle training is also learning to quiet or relax your pelvic floor muscles.
- ✓ Overactive pelvic floor muscles need to be trained to "let go".
- ✓ Many people find that trying to "let go" or relax is difficult.
- ✓ For each step, instead of focusing on relaxing, focus on DOING what the step suggests.
- ✓ If you have pain or difficulty, consult with a pelvic Physical Therapist or other trained provider.

1 Relax body



2 Hands on rib cage

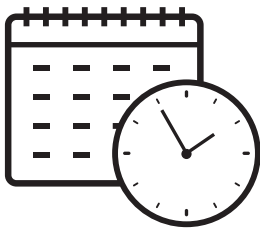


Relax jaw & open mouth

3

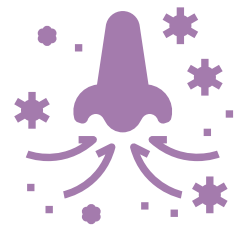


7 Practice 5-10 min daily and in different positions



Inhale via nose - ribs and belly expand - pelvic floor lengthens

4



6 Practice slowly



Exhale via mouth - ribs and belly fall - pelvic floor returns to rest

5

