

Intentions and Format of the Class

- To give you a “not so common sense” understanding of your pelvis.
- Including
 - Anatomy
 - Dysfunction (when things don’t work right)
 - Exercise (Yoga Asanas) that promote pelvic health
 - Healthy Habits
- Alternating discussion with exercises

Areas We Will Address

- Bladder
- Bowels
- Pain
- Sexual Issues

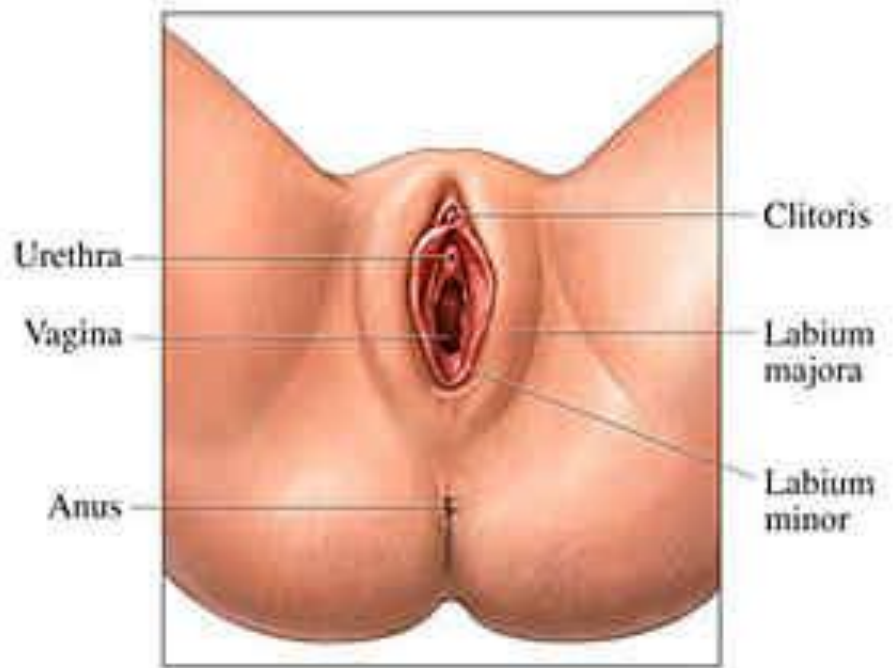
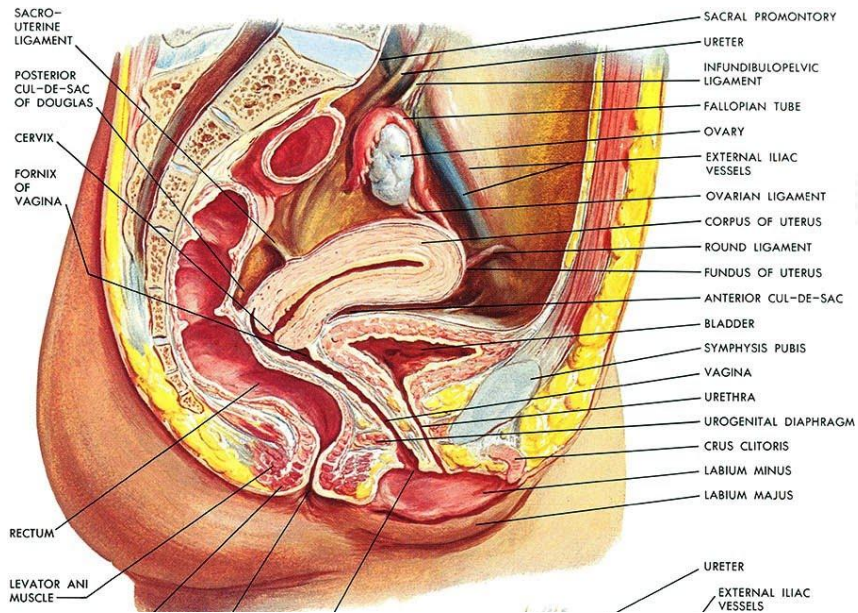
Introductions

Name

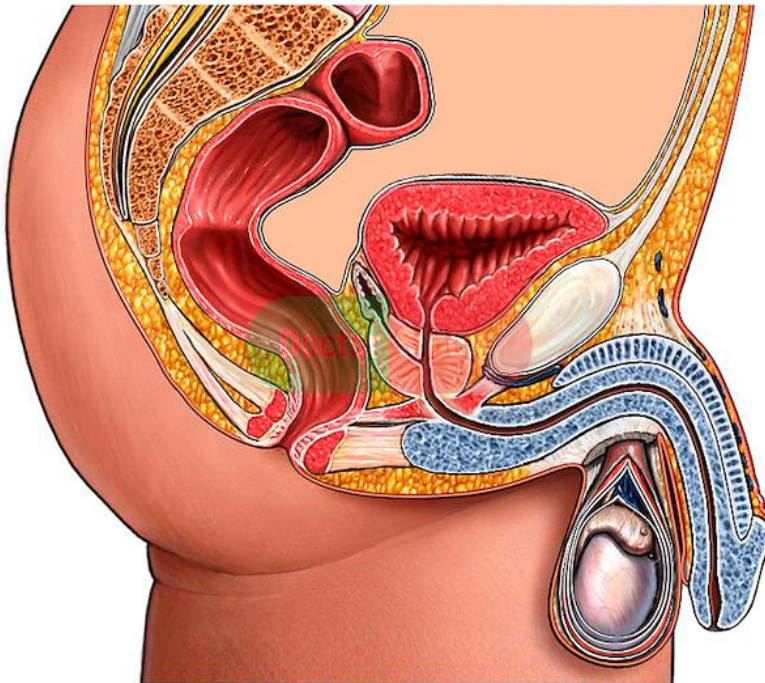
How did you hear about this class?

What would you like me to address?

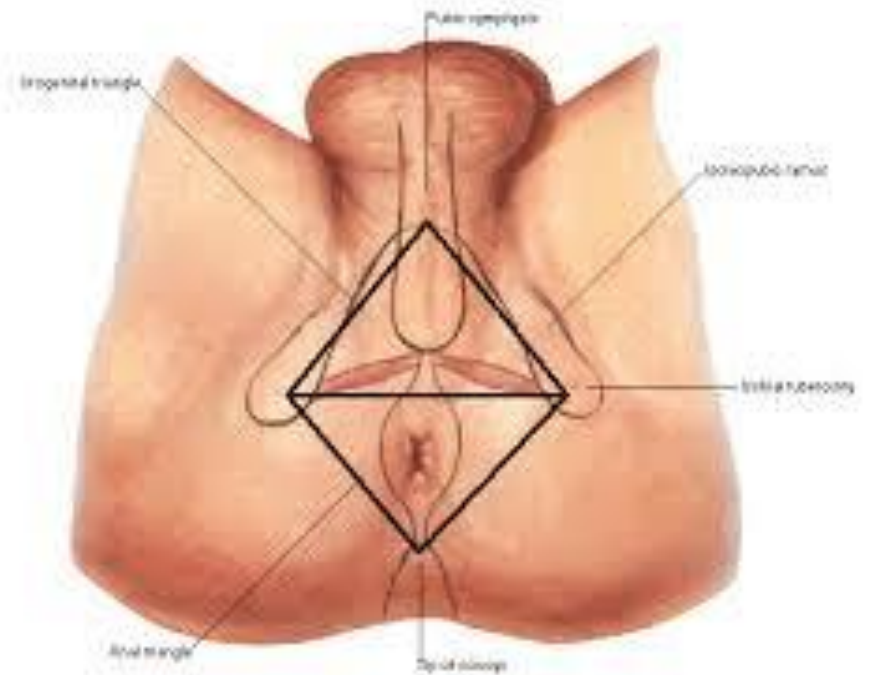
Female Pelvis



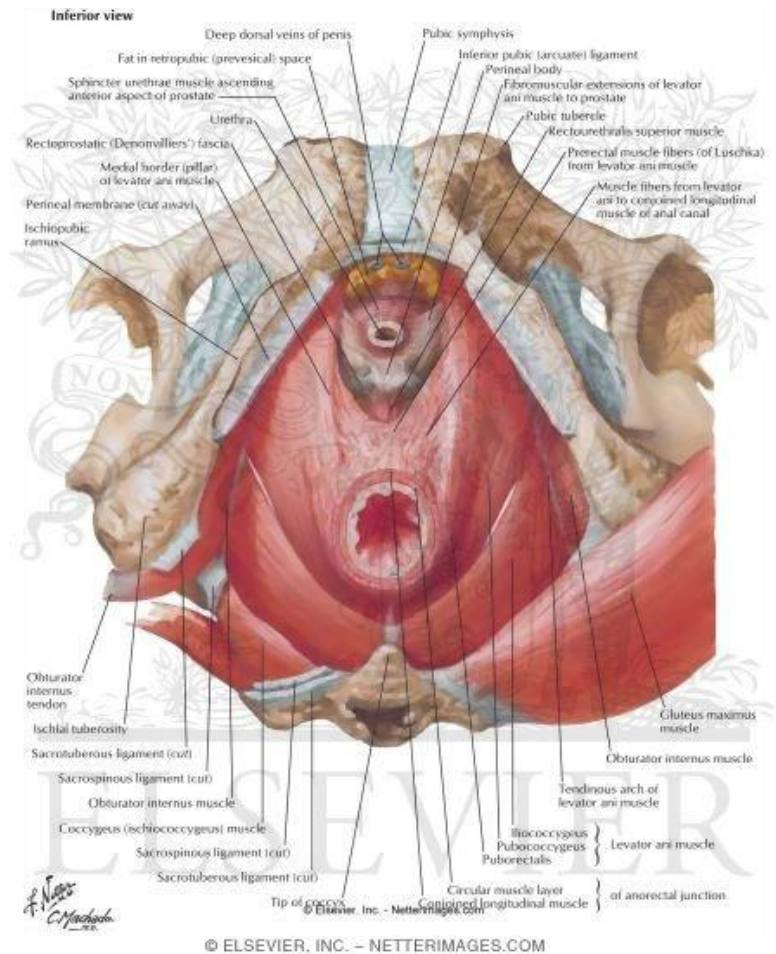
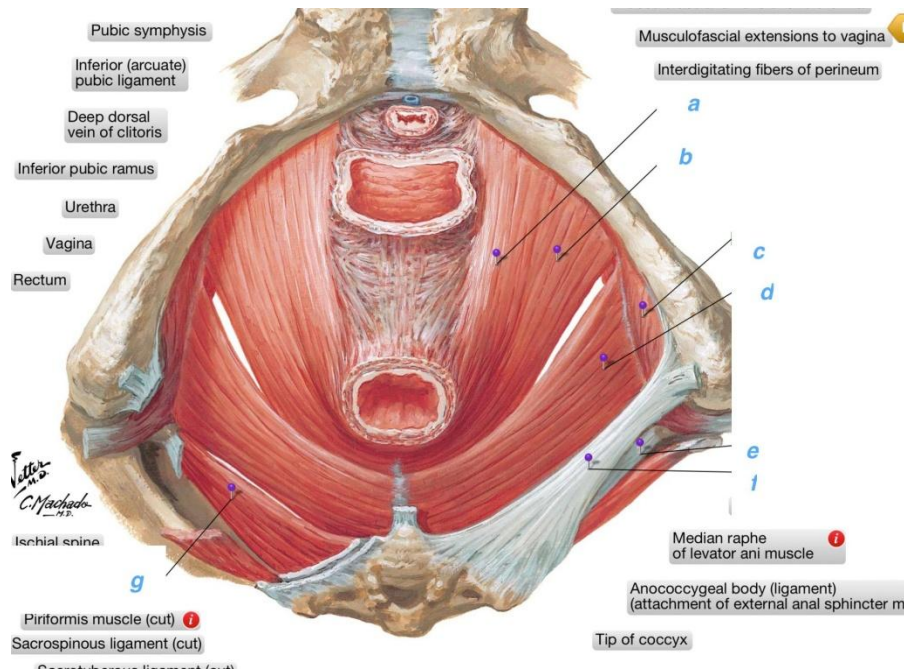
Male Pelvis



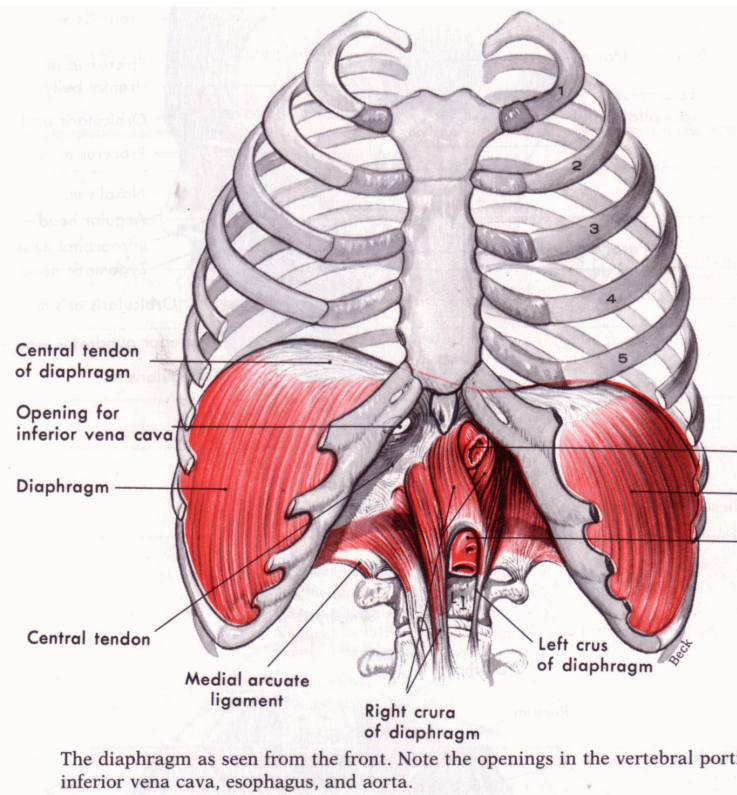
Perineum of Male
Regions [Triangles] and Surface Topography



Pelvic Floor Female & Male



Diaphragm & Transverse Abdominus



Kegels

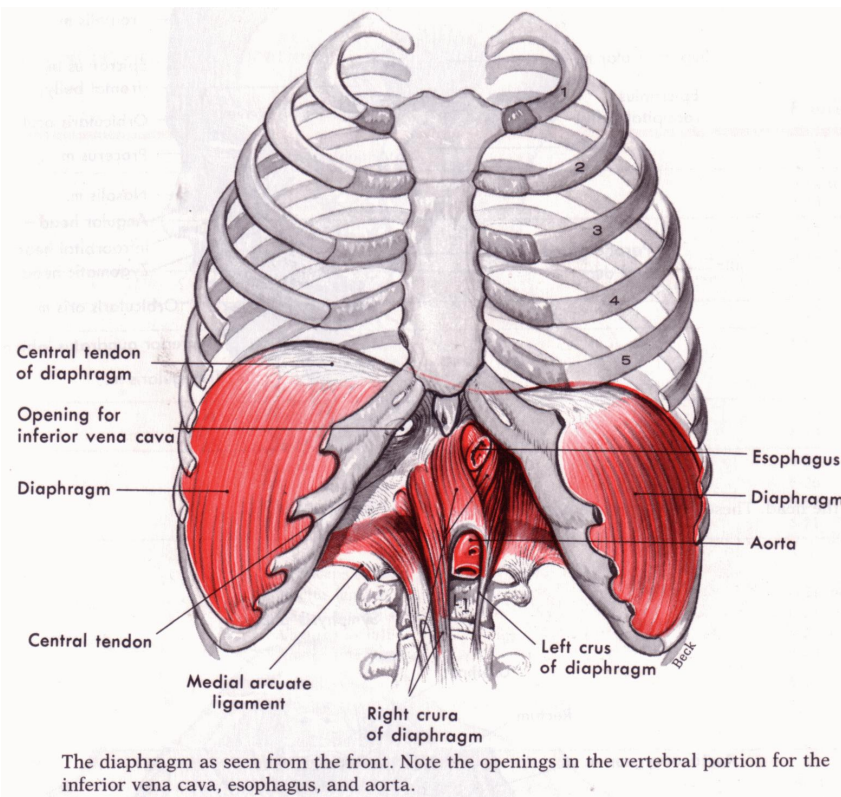
- Where is my Kegel Muscle?
- Should I do Kegels?
- How do I know if I am doing them right?

Concept: Abdominal Canister

If the abdominal wall is rigid (contracted) the diaphragm muscle cannot drop down for efficient breathing and there can be more pressure on the pelvic floor possibly leading to bladder and bowel dysfunction, prolapse and pain. If the pelvic floor muscles don't contract against abdominal pressure then incontinence or prolapse over time can occur.



Concept: Diaphragmatic Breathing and Pelvic Breathing



Concept: Pelvic Clock



ClipartOf.com/1146412

Pelvic Clock

Purpose:

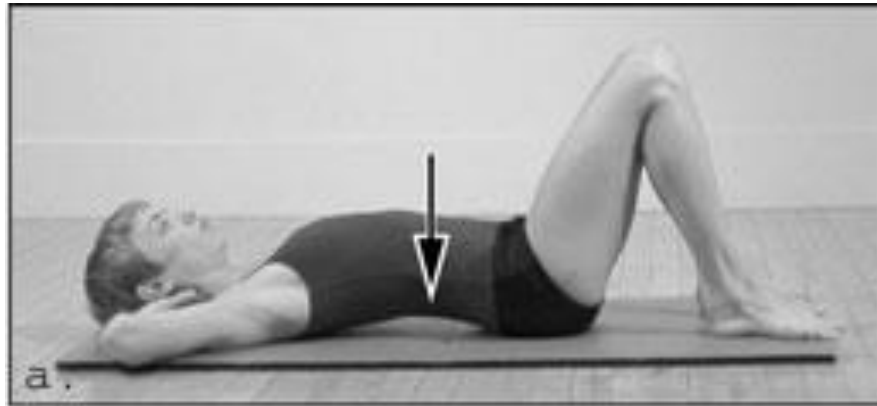
- Coordinate breathing with pelvic movement
- Exhale on flexion (12:00)
- Inhale on extension (6:00)

Notice:

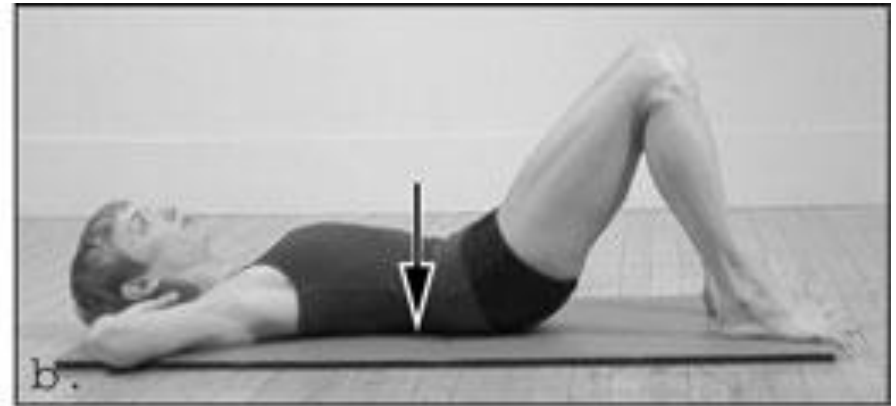
- Resistance, discomfort, lack of smoothness of movement



Concept: Neutral Spine



a.
Too much curve (anterior pelvic tilt)...



b.
not enough curve (posterior pelvic tilt)...

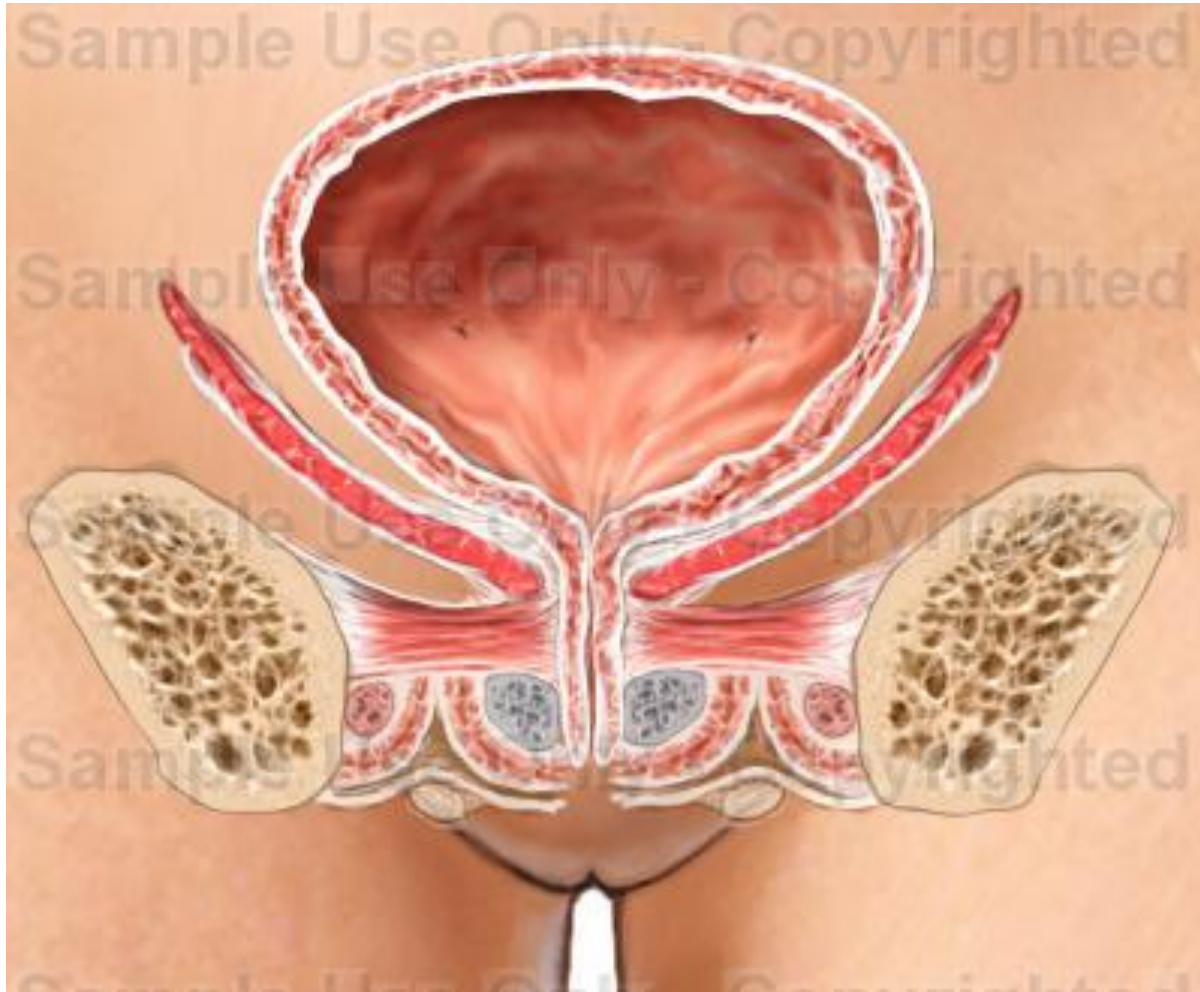


c.
and just right (neutral pelvis).

Pelvic Floor Exercises

- Fast Twitch Muscle: Quick flicks
- Slow Twitch: 10 second holds with exhalation
- Elevator Concept

Bladder Anatomy



Bladder Dysfunctions

- Incontinence
 - Urge: leaking and/or frequent urination, nocturia (excessive voiding at night)
 - Stress: cough, laugh sneeze, standing up etc
 - Overflow: usually male prostate related
- Prolapse
- Bladder Pain (Interstitial Cystitis)

Concept: Alignment & Core Stability

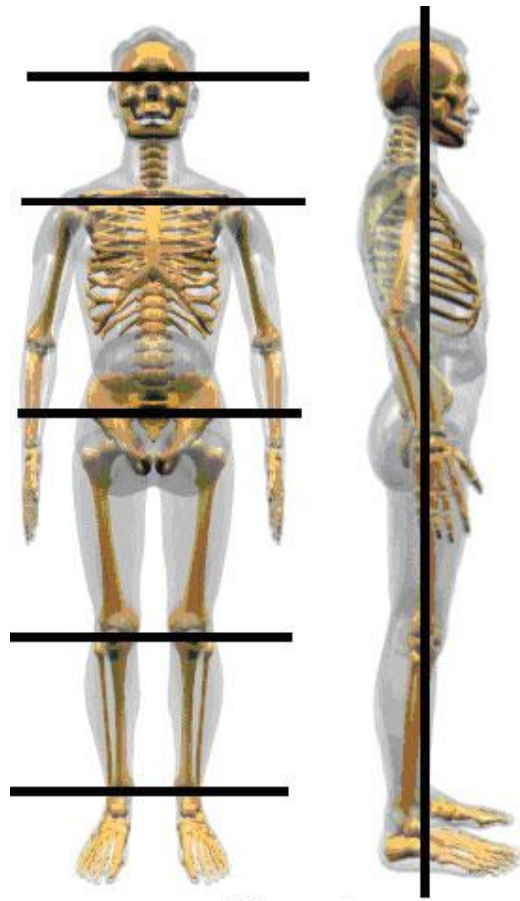
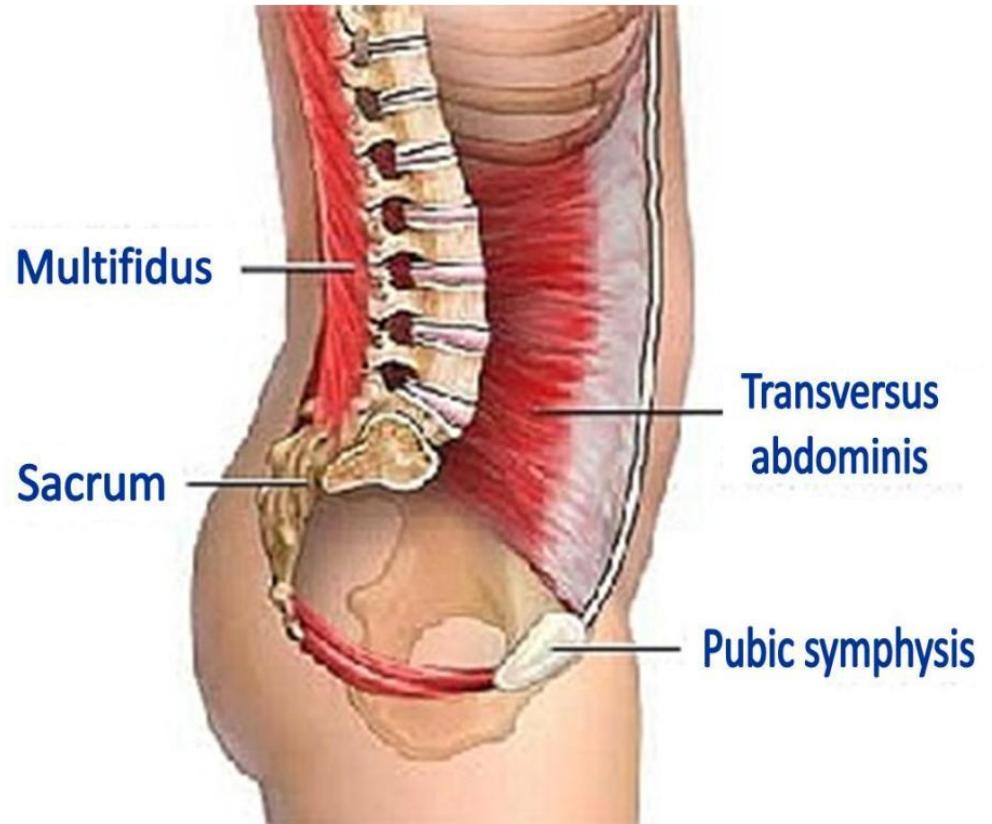


Figure 1



Tadasana: Mountain Pose block between thighs



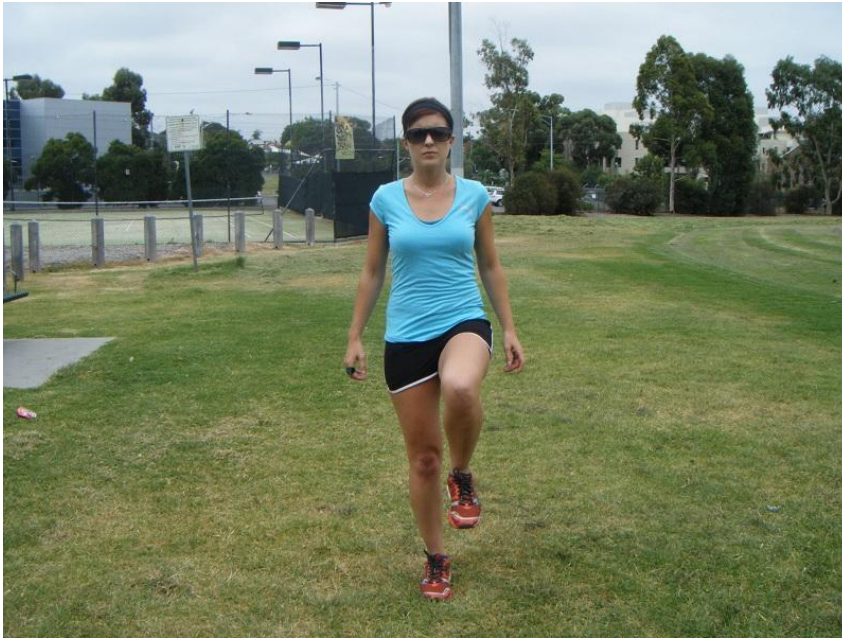
Purpose:

- Aligned posture
- Engaged adductors and pelvic floor muscles

Notice:

- Lift of the pelvic floor
- Muscle tone of the low abdomen

Standing Balances



Purpose:

- Balance,
- Engagement of the low abdominals (Transversus), hip flexors, adductors

Notice:

- Differences side to side
 - Can you stay focused and in your breath?

Uttanasana

Purpose:

- Moving from the hips and keeping spine straight initially
- Release/stretch of hamstrings and glutes and posterior leg fascia
- Release of the pelvic floor

Notice:

- Where there is tension, where are you holding?



Warrior Two



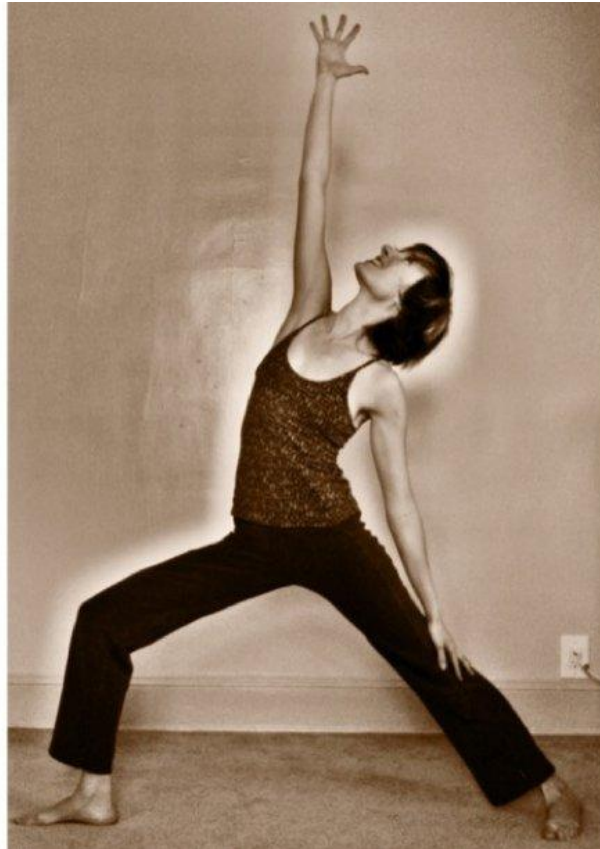
Purpose:

- Balance
- Alignment
- Engagement of the low abdominals (“tuck your tail”) and pelvic floor muscles

Notice:

- Can you stay in good alignment and breathe?

Exhalted Warrior or Revolved Warrior 2



Purpose:

- Balance, Alignment
- Engagement of the low abdominals (“tuck your tail”)
- Activation of the pelvic floor muscles
- Lengthening and folding of side bodies

Notice:

- Can you stay in alignment and breath?

Side Angle

Purpose:

- Balance, Alignment
- Engagement of the low abdominals (“tuck your tail”)
- Activation of the pelvic floor muscles
- Lengthening of side body

Notice:

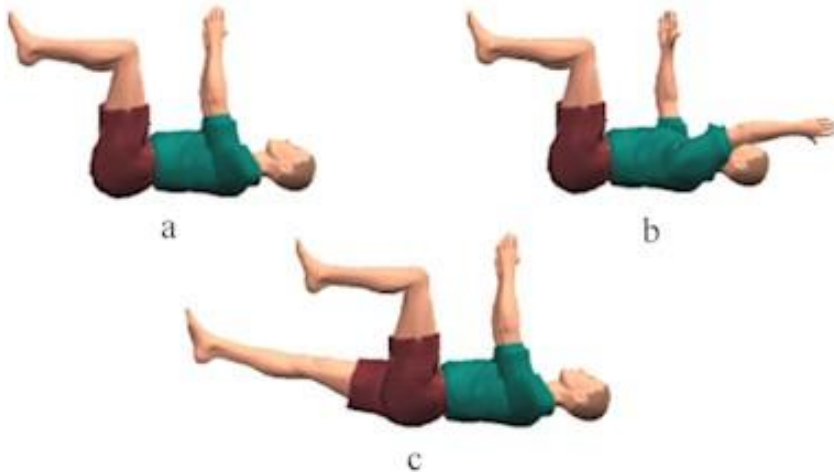
- Can you stay in alignment and breath?



Core strengthening: Marching



Dead Bug



Purpose:

- Coordination of arms and legs
- Core stabilization to maintain spine position using the pelvic floor and abdominals (transverse abdominus)

Notice:

- Muscle tone of the low abdominals and pelvic floor

Cat/Cow 12:00/ 6:00



Purpose:

- Release of low back and abdominal muscles
- Engage and move with the strength of the low abdominals

Notice:

- 12:00 to 6:00 motion of the pelvis and the whole spine (tailbone to top of the head)

Bird Dog



Sphinx Pose

- Purpose
 - Release and elongate front of abdomen



Breathe into the
diaphragm

Press down and back with
elbows

Release tension in
shoulders/neck

MARTIN SCODUTO

Downward Facing Dog



Plank on Elbows

Purpose:

- Core stabilization using the transverse abdominus, pelvic floor, leg muscles

Notice:

- Can you keep the low back level?
- The necessary pelvic floor muscle engagement



Prone over folded blanket for abdominal wall release

Purpose:

Release of the abdominal wall and pelvic floor muscle tone-“just breathe”



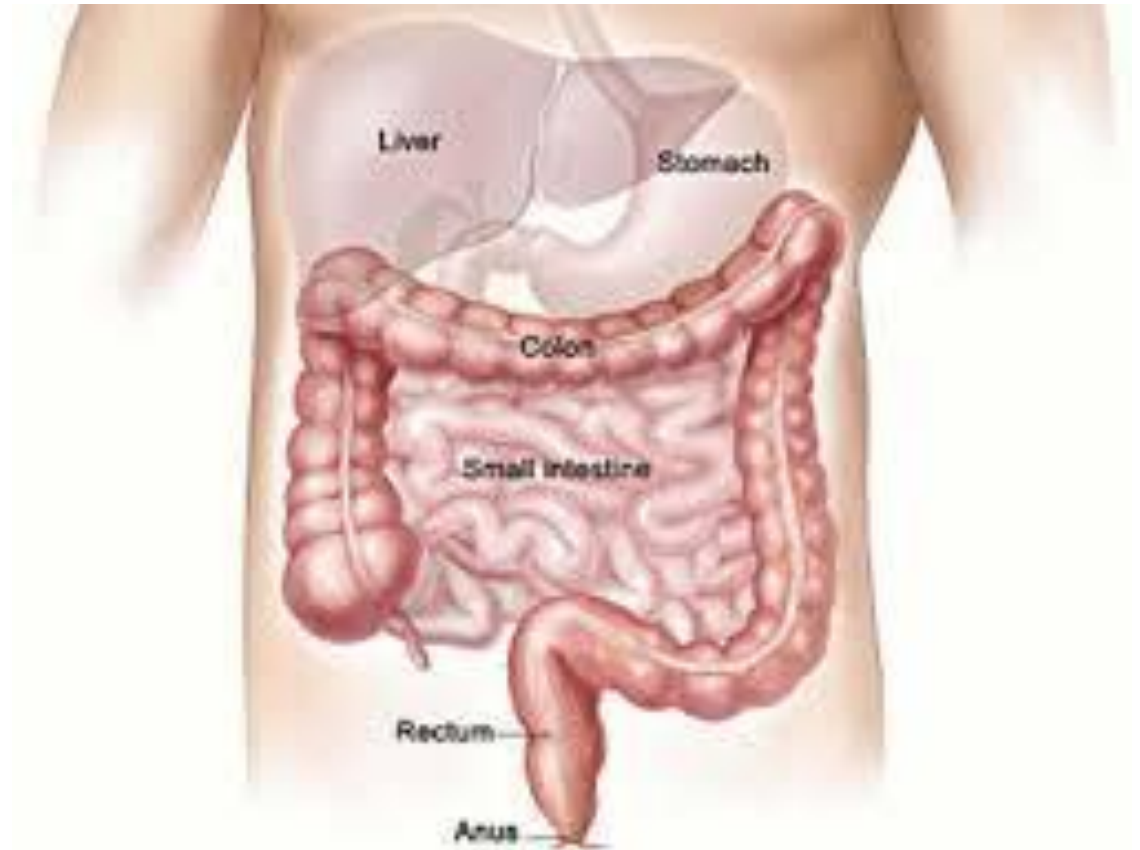
Notice:

Any discomfort in the abdomen, hip flexors, pelvic floor

Tip: roll the end of the blanket and place the roll under your belly button

Bowel Anatomy

- Colon (large intestine)
- Rectum
- Pelvic Floor muscles
- Abdominals



Common Bowel Dysfunctions

- Constipation
- Fecal Incontinence
- Irritable Bowel Syndrome
 - Irritable bowel syndrome (IBS) is a common disorder that affects the large intestine (colon). Irritable bowel syndrome commonly causes cramping, abdominal pain, bloating, gas, diarrhea and constipation. IBS is a chronic condition that you will need to manage long term.—Mayo Clinic Website

What's Normal for BM's

- Banana/sausage
- Easy to pass, No straining in the bathroom!
- At least 3x/week

Healthy Bowel Habits

- Plenty of:
 - vegetables
 - fruit
 - water (6-8 glasses avg.)
 - Fiber

Fiber (mayoclinic.org)

- **Soluble fiber.** This type of fiber dissolves in water to form a gel-like material. It can help lower blood cholesterol and glucose levels. Soluble fiber is found in oats, peas, beans, apples, citrus fruits, carrots, barley and psyllium.
- **Insoluble fiber.** This type of fiber promotes the movement of material through your digestive system and increases stool bulk, so it can be of benefit to those who struggle with constipation or irregular stools. Whole-wheat flour, wheat bran, nuts, beans and vegetables, such as cauliflower, green beans and potatoes, are good sources of insoluble fiber.

	Age 50 or younger	Age 51 or older
Men	38	30
Women	25	21

Tips/Tricks in the Bathroom

- Take your time in the bathroom
- Never deny the “call of the bowel”
- Supplement with fiber especially if diet is lacking
- Squat/use a stool on the toilet
 - See video on <http://squattypotty.com>

Squatting: Good for the hips, low back and pelvic floor opening.



Sitting Side Bends



Purpose:

- Grounding of the pelvis (sitz bones)
- Elongation of the side body
- Breath into long side

Notice:

- Side lengthening
- Can you keep the sits bones (ischium) grounded

Rotations/Twisting



Rotation Over Bolster

Purpose:

- Release of pelvic floor
- Restorative pose with prolonged rotation stretch of the thorax (rib cage)

Notice:

- Stretch in the rib cage and how the breath effects the sensation



Pelvic Pain

- Vulvodynia:
 - Generalized vulvodynia is pain in different areas of the vulva at different times. Vulvar pain may be constant or occur every once in a while. Touch or pressure may or may not prompt it. But this may make the pain worse.
 - Vulvar vestibulitis syndrome is pain in the vestibule. This is the entrance to the vagina. Often a burning sensation, this type of vulvar pain comes on only after touch or pressure, such as during intercourse.
- Vaginismus
 - Hypertonicity (tense muscles)
 - Shortened (long term issue)
- Atrophic Vaginitis
- Pudendal Neuralgia

Chronic Pain

- <http://www.bodyinmind.org>
- <http://www.neuroplastix.com>
- The Brain That Changes Itself-Norman Doidge
- Lorimer Moseley Video, Why Things Hurt:
<https://www.youtube.com/watch?v=gwd-wLdIHjs> “Pain is a construct of the brain”

Childs Pose (Supported)



Purpose:

- Rest
- Release pelvic floor completely
- Breathe into low abdomen and sacrum

Notice:

- Complete relaxation of the pelvic floor, low back and abdominals

Supta Badha Kanasana



Bridge Pose

Purpose:

- Spinal and hip extension
- Engagement of the legs, low back and pelvic floor muscles



Notice:

- Is there tension in your neck and shoulders?
- Is there tension in the front of your hips (tightness in the hip flexors)

Supported Shoulder Stand

Purpose:

- Release low back tension
- Elevate legs into gravity assisted position
- Great position for reversing pelvic prolapse and leg/ankle swelling
- Good to do with legs against the wall for rest



Notice:

- Can you rest, balance and breathe?

Psoas Stretch

Purpose:

- Stretching of the hip flexors while stabilizing the pelvis on the yoga block

Notice:

- Can you keep the straight leg engaged?
- Stretch at the front of the hip on the straight leg



Leg Stretches with Strap

Purpose:

- Stretching the legs for the hamstrings and posterior hip
- Out to the side: adductor stretch
- Across the body: TFL, ITB, hip rotator stretch



Notice

- Tension in the legs
- Difference in sensation side to side

Figure Four Stretch



- Purpose: stretch hip rotators (on the right in this photo)
- Notice: can you actively push crossed knee away and pull toes back (dorsiflex)?
- Arch low back slightly (drop tailbone down to floor)

Sex

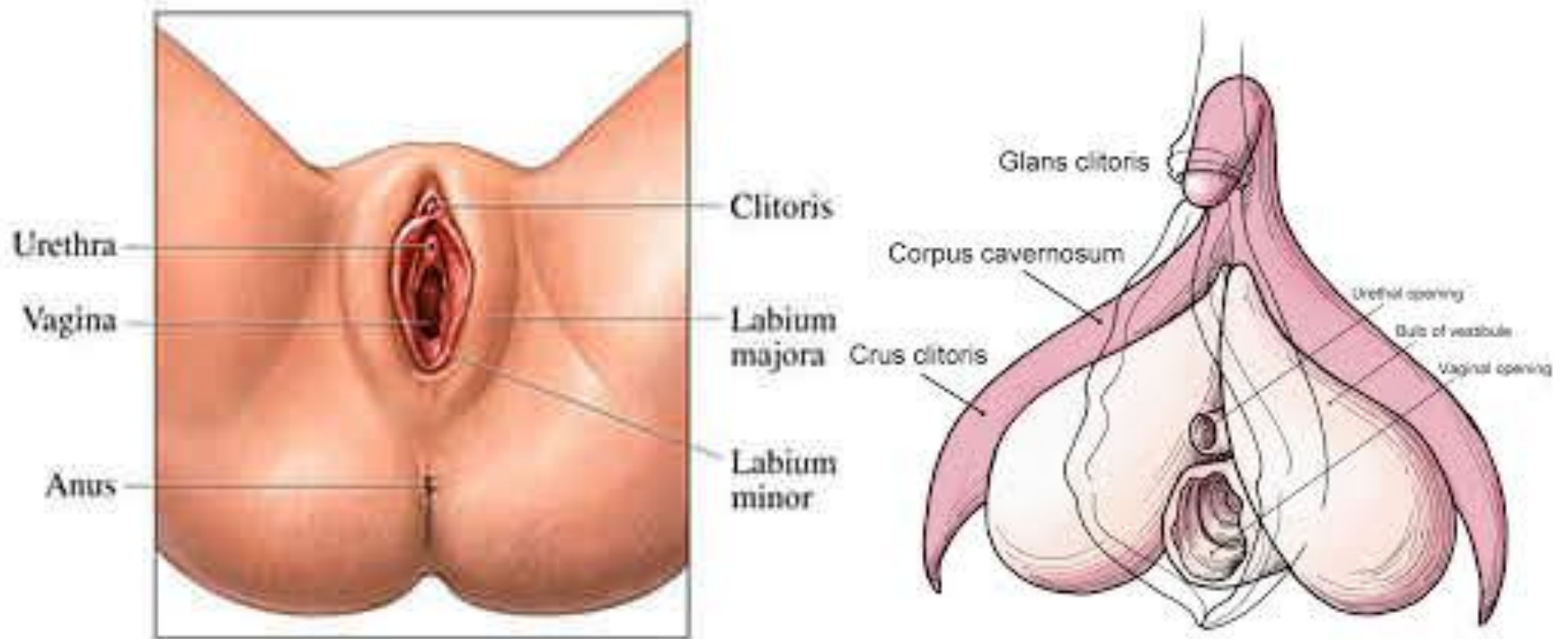
Anatomy

Clitoris

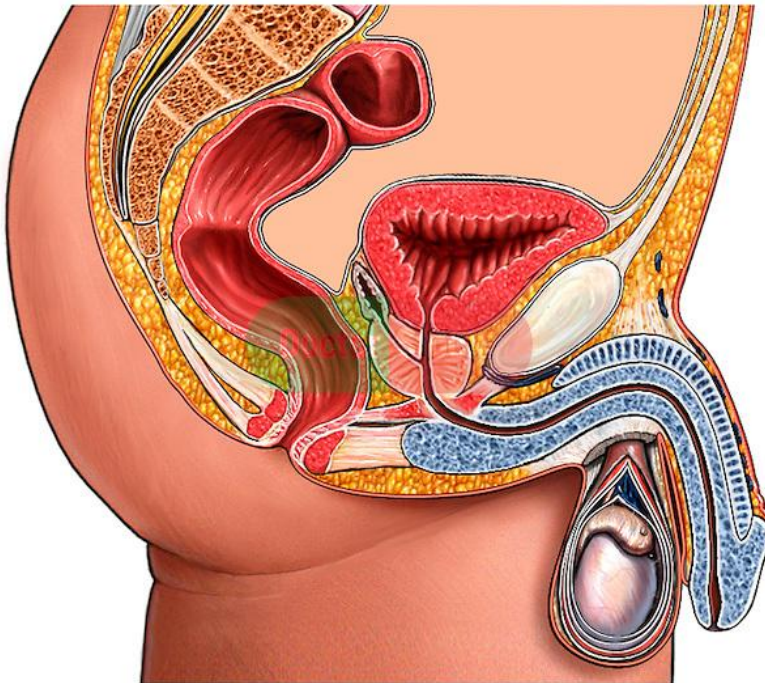
Female Prostate

Pelvic Floor Muscles

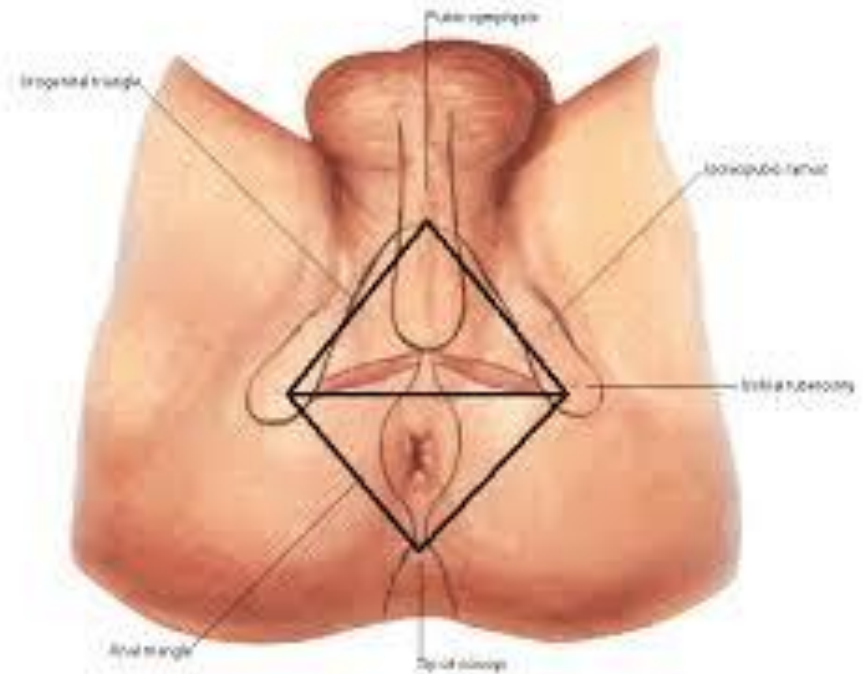
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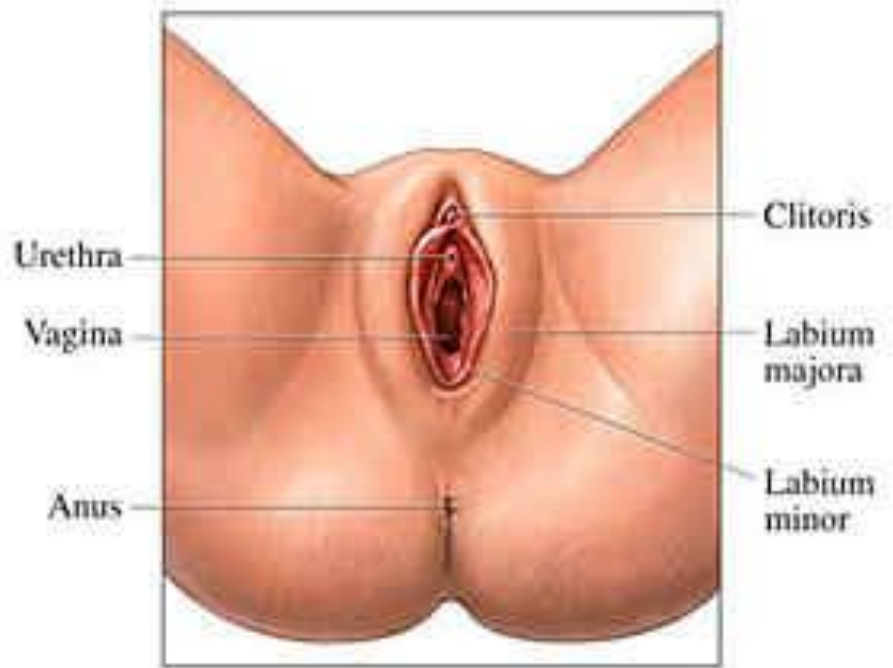
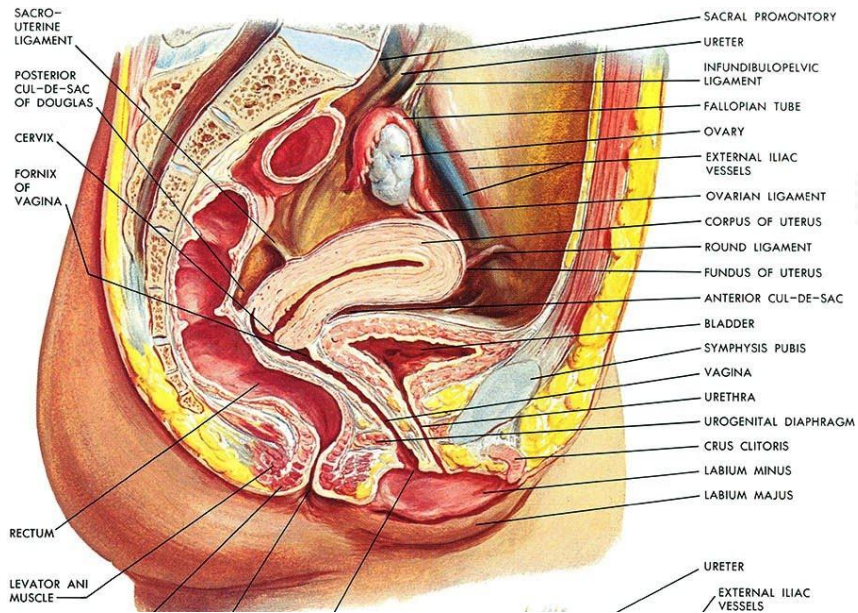
Male Pelvis



Perineum of Male
Regions [Triangles] and Surface Topography



Female Pelvis



Savasana and Variations: “Just Rest”

