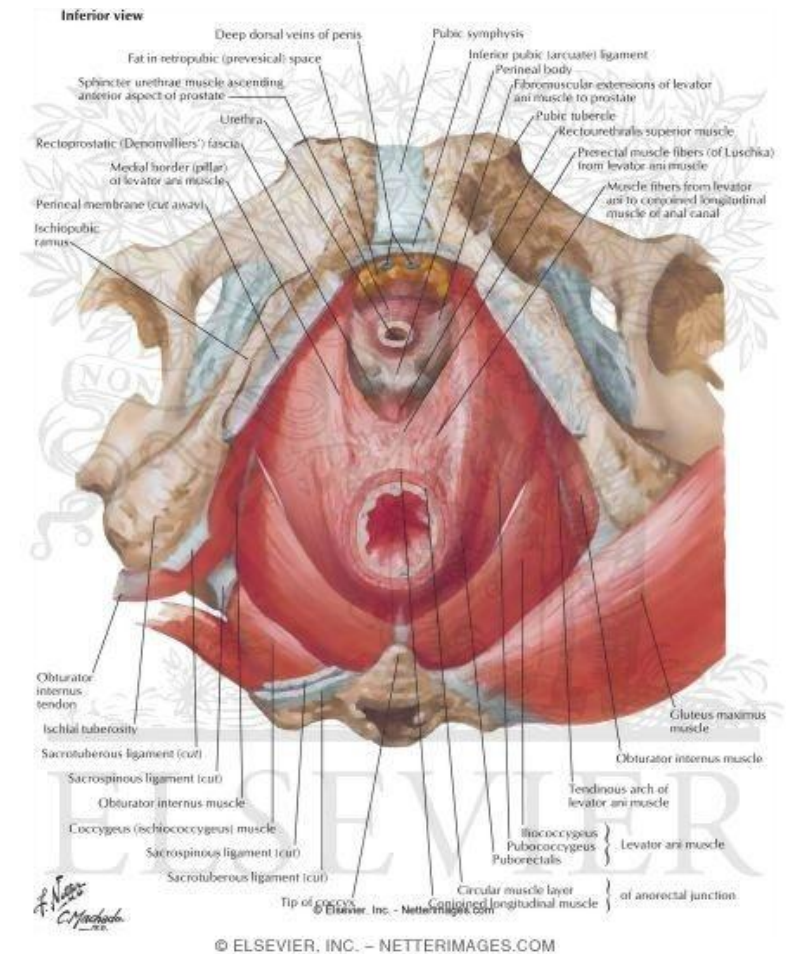
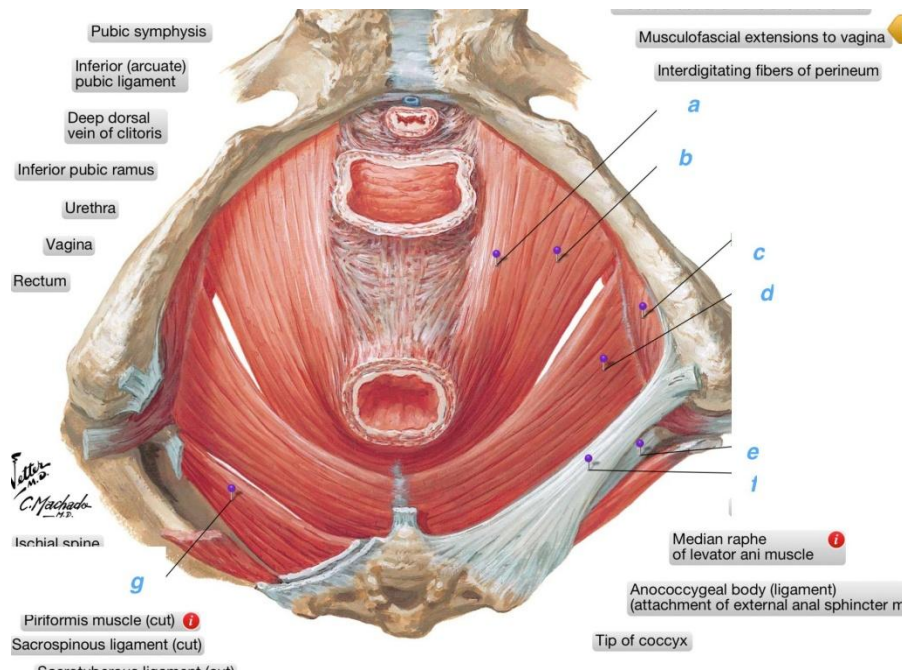


Yoga for the Pelvic Floor Workshop
Judy Abel, PT Pelvic Wellness Center
Indigo Wellness Center
May 30, 2015

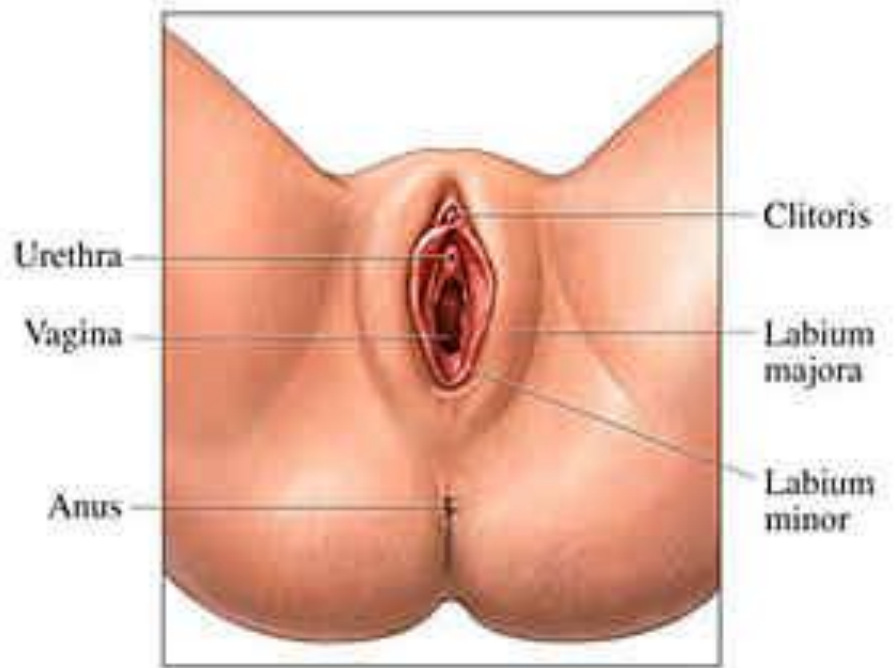
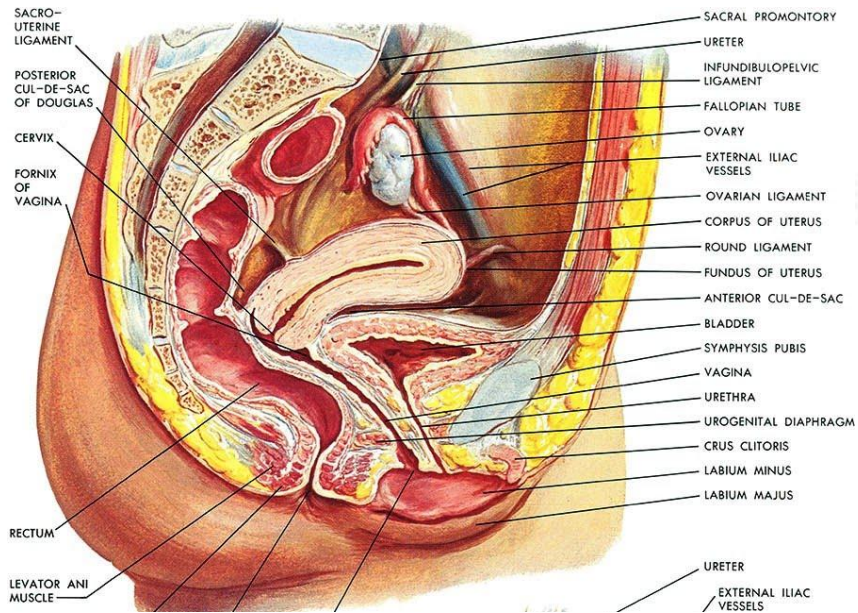
Pelvic Wellness Center-Salem
Pelvicwellnesscenter.com
1644 Liberty St. SE
Salem, OR 97302
Phone: **(503) 983-8811**

Pelvic Wellness Center-Eugene
Pelvicwellnesscenter.com
1034 Lawrence Street
Eugene, OR 97401
Phone: **(541) 515-6215**

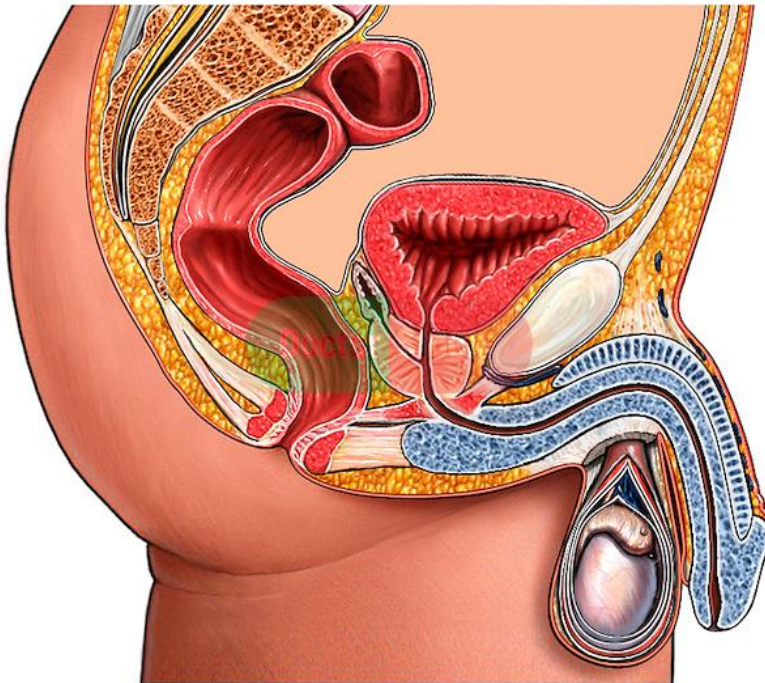
Pelvic Floor Female & Male



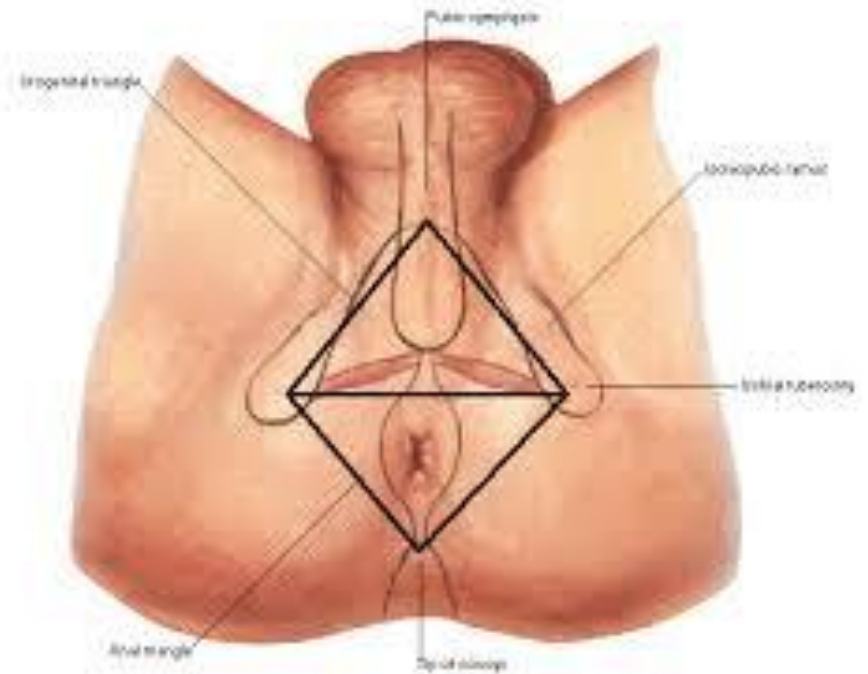
Female Pelvis



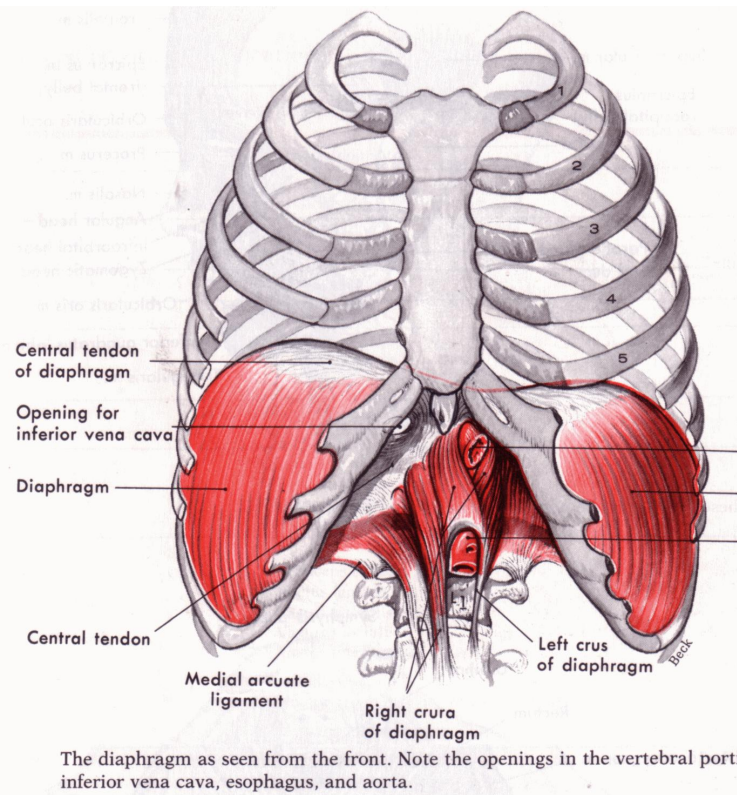
Male Pelvis



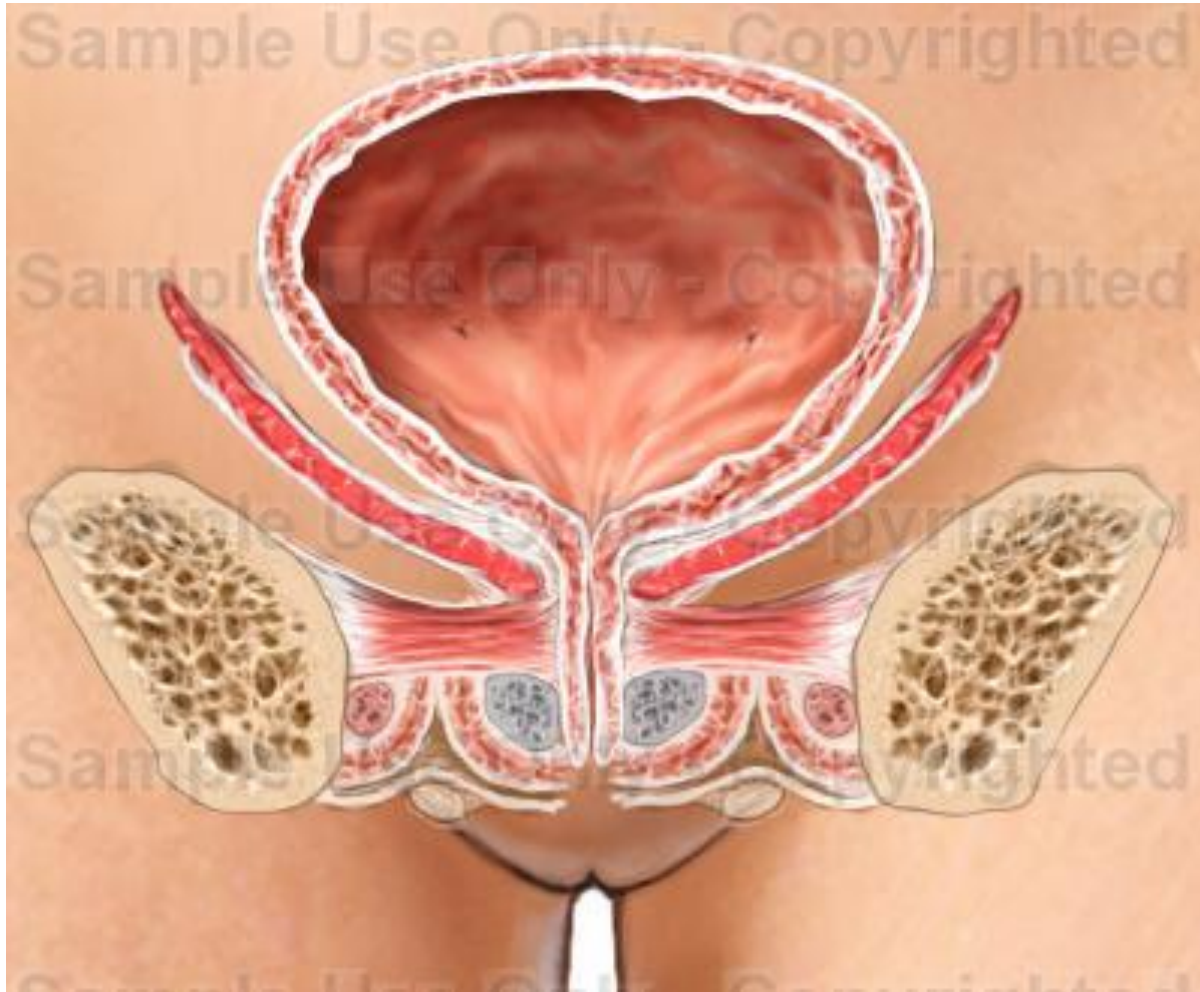
Perineum of Male
Regions [Triangles] and Surface Topography



Diaphragm & Transverse Abdominus

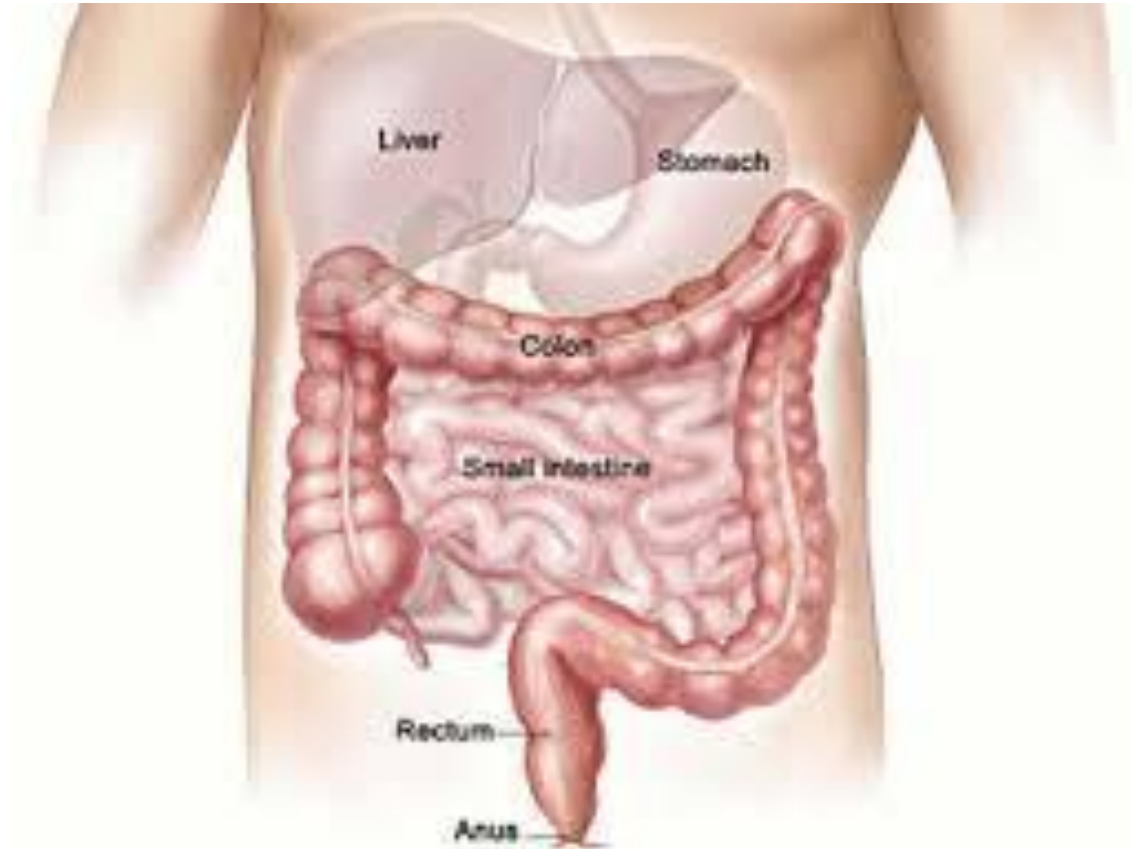


Bladder Anatomy



Bowel Anatomy

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

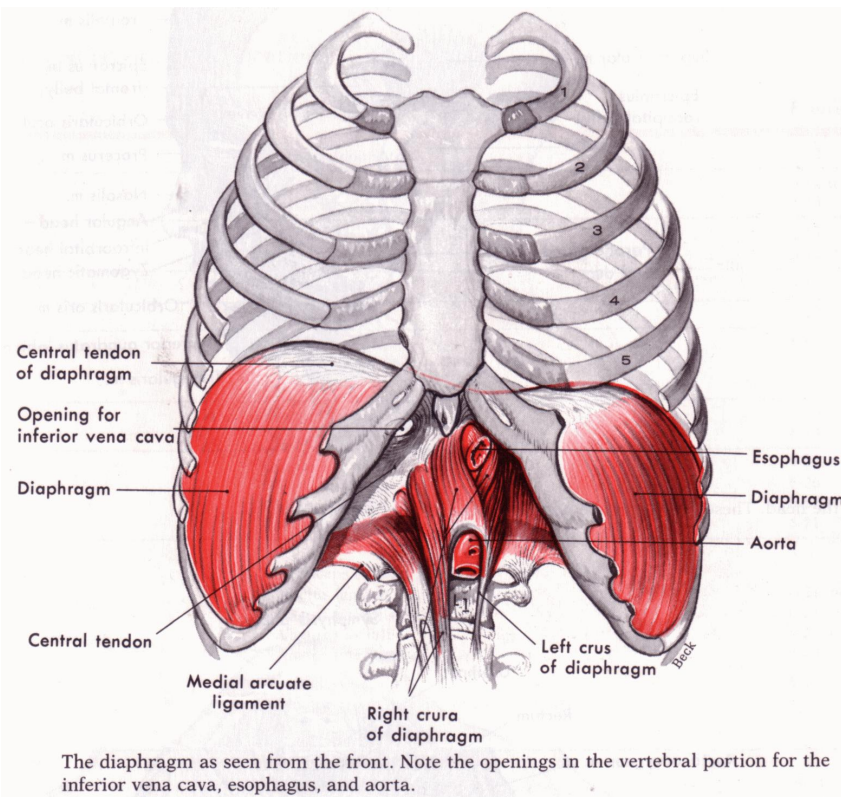


Concept: Abdominal/Pelvic Canister

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
- Add Pelvic Floor mm's



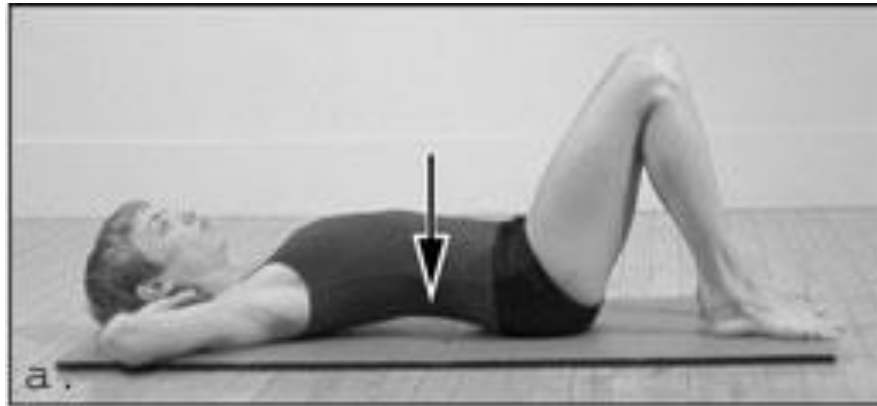
Kegels

- Where is my Kegel Muscle?
- Should I do Kegels?
- How do I know if I am doing them right?
- How many/day?
- Pelvic floor muscles need to contract and relax throughout the day with activities
- Stopping the flow of urine is NOT the way to exercise the pelvic floor muscles

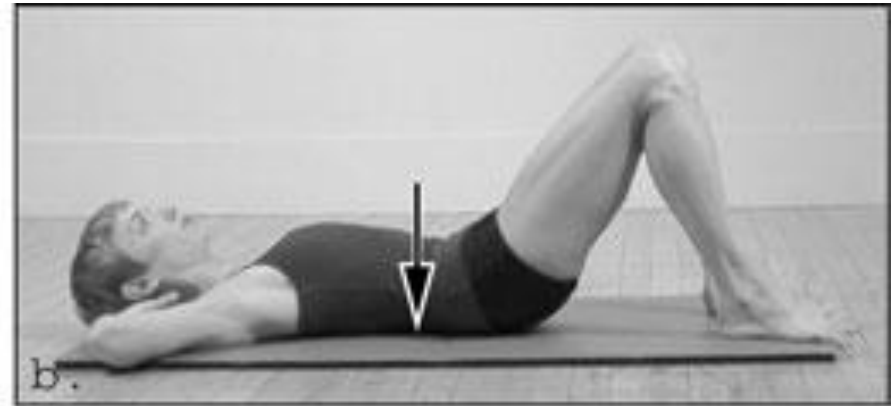
Pelvic Floor Exercises

- Fast Twitch Muscle (1/3 of the muscle fibers in the pelvic floor) for quick contraction against cough, sneeze laugh: Quick flicks
 - Slow Twitch 2/3'rds of the pelvic floor muscle fibers, for support, maintaining closure of the urethra and anal sphincter: 10 second holds with exhalation
-  Elevator Concept: 1st floor=relax, 5th-7th floor moderate contraction, basement=on toilet, resting and releasing

Concept: Neutral Spine



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



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



c.
and just right (neutral pelvis).

Concept: Alignment & Core Stability

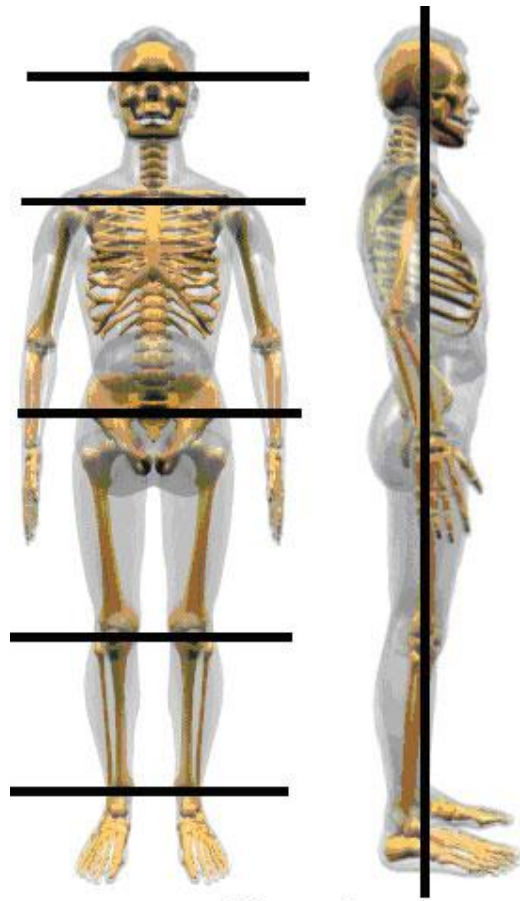
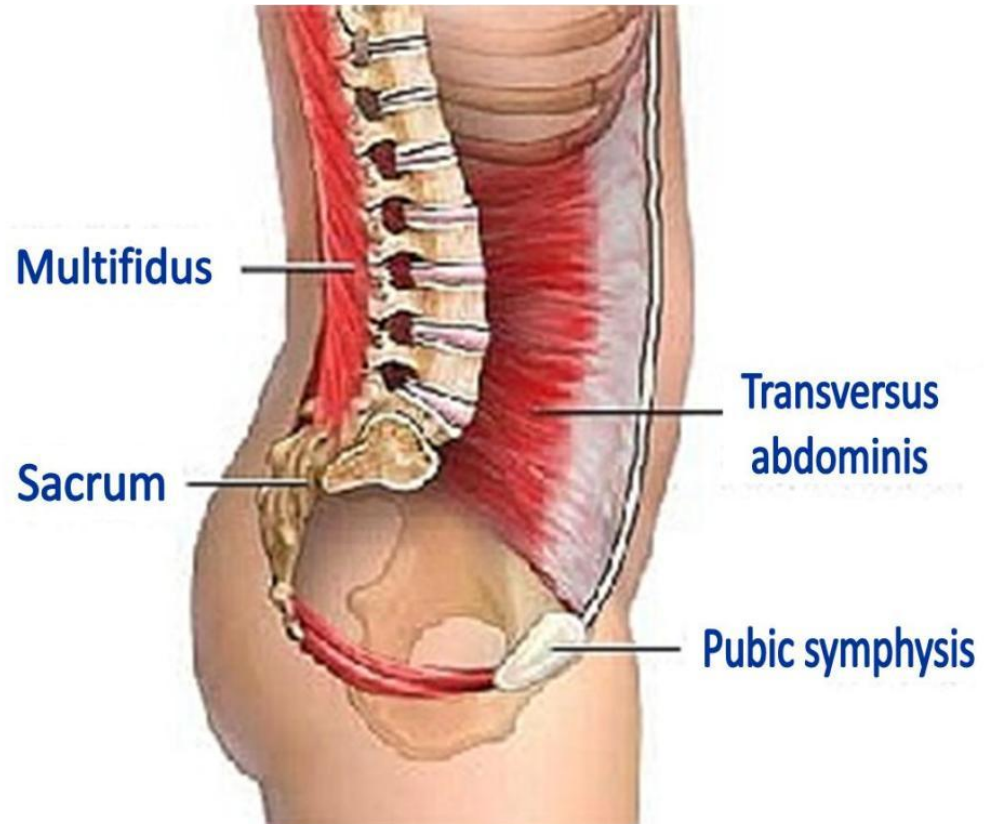


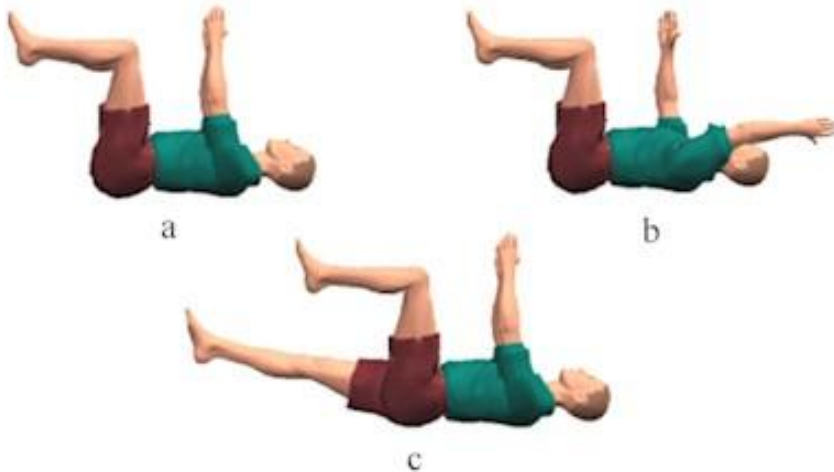
Figure 1



Core stabilization Find TA's (squeeze
block) go to marching



Dead Bug



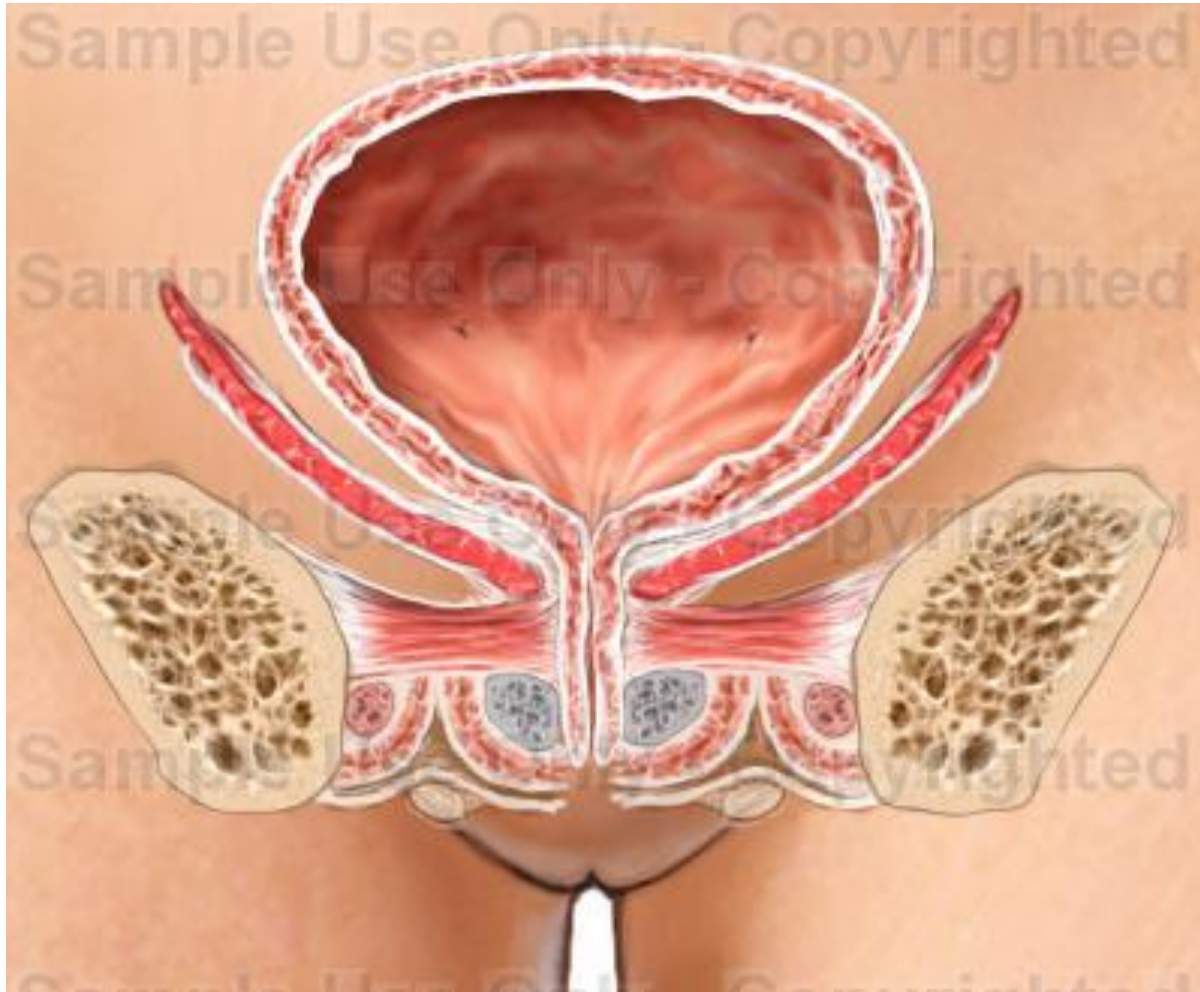
Purpose:

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

Notice:

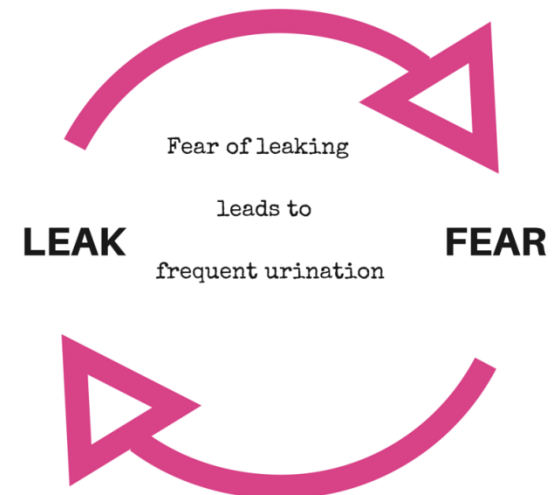
- Muscle tone of the low abdominals and pelvic floor

Bladder Anatomy



Bladder: What's Normal?

- Voiding 6-8x/24 hours (every 3-4 hours)
- Stream is easy and no straining in bathroom
- Voiding at night 0-1x/night
- Urgency is controlled, able to get to the bathroom easily
- Leaking is common
not normal



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)

Pelvic Floor and the Bladder

“Whatever has more pressure wins”

Scenarios:

- Cough, Laugh, Sneeze=increased intra-abdominal pressure, if the pelvic floor doesn't provide at least equal and opposite pressure (due to weakness or loss of integrity) leaking may occur
- Sitting on the Toilet=in order to empty bladder and bowels, pressure above (abdominal, bladder, rectum) needs to be greater than pelvic floor (muscles need to relax)



“Squeeze When you Sneeze”

To prevent leaking

- Squeeze pelvic floor muscles (lift elevator) or squeeze heels or knees together when you cough, laugh, sneeze



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) feel pelvic floor

Bird Dog



Downward Facing Dog



- Inverted Position
- Diaphragmatic Breathing
- Pelvic Floor tone/not tension

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



Sphinx Pose

- Purpose
 - Release and elongate front of abdomen



MARTIN SCODUTO

Breathe into the
diaphragm

Press down and back with
elbows

Release tension in
shoulders/neck

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

Tadasana: Mountain Pose block between thighs



Purpose:

- Aligned posture
- Engaged adductors and pelvic floor muscles

Notice:

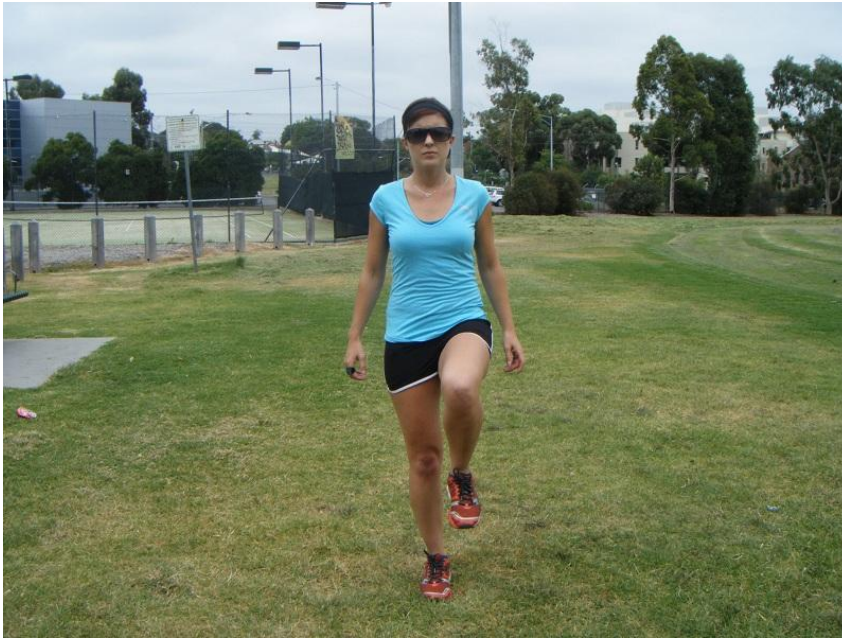
- Lift of the pelvic floor
- Muscle tone of the low abdomen

Psoas Walk

from Scott Anderson's Alignment Yoga

- Start with feet one stride length apart, hip width apart
- Make both feet parallel and pointing forward (especially the back foot)
- Rock forward lifting the back heel and bending the front knee over the middle toe
- Rock back and forth from each foot (be sure to keep the back foot straight)
- After 3-5 reps slowly bend the front knee at the same time that you lower the back heel to the floor.
- Lengthen through the front of the hip and raise arms to further open the front of the body.

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?



The Sumo

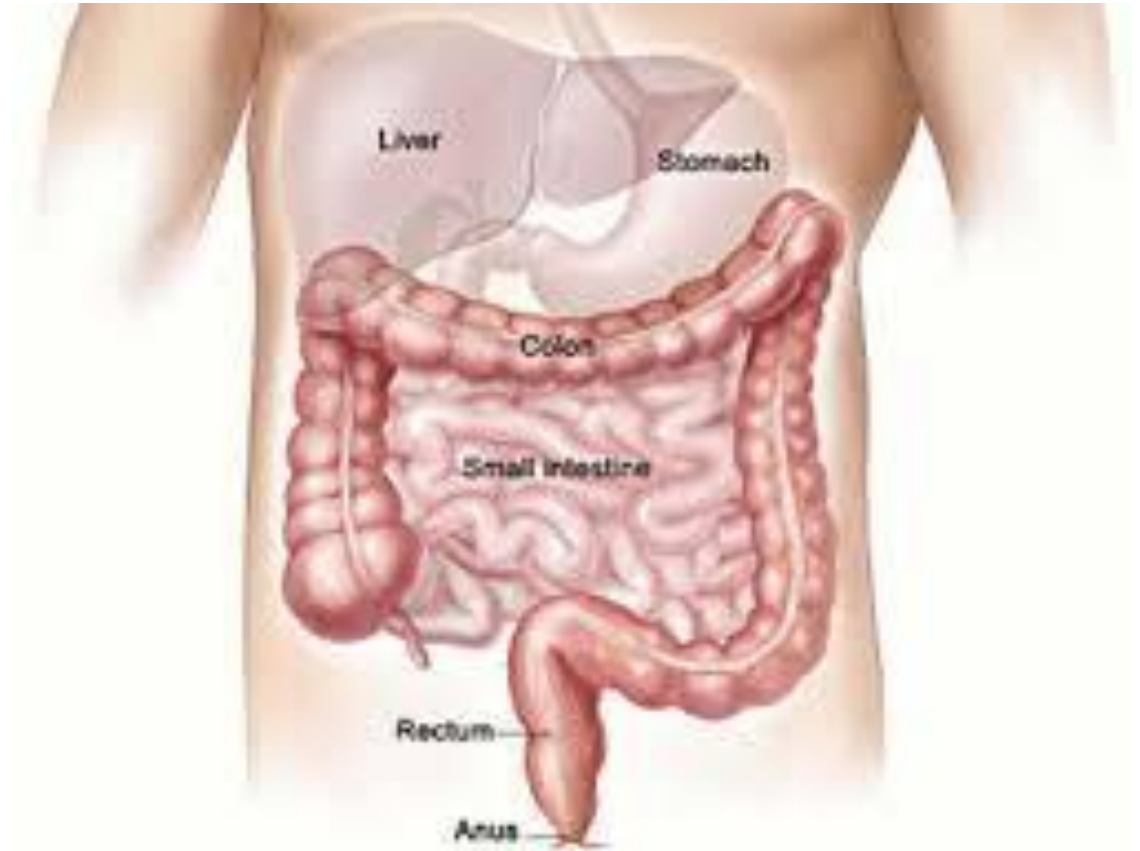
from Scott Anderson's Alignment Yoga



- Start in standing wide legs toes out ~30 degrees, hands on hips
- Slowly squat about ½ way bending at the hips, like a sumo wrestler
- As you bend keep knees over the middle toes
- Exhale on the way down, inhale on the way up think “down and out, up and in”

Bowel Anatomy

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



What's Normal for BM's

- Size, Shape, Consistency of Ripe Banana
- Easy to pass, No straining in the bathroom!
 - Squatting (Squatty Potty)
 - Take your time, relax pelvic floor, breathe
- At least 3x/week (ideally at least 1x/day)

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

Healthy Bowel Habits

- Plenty of:
 - vegetables
 - water (6-8 glasses avg.)
 - Fiber
 - Fruit
- “Bowels are slow learners and like habit”
 - Morning routine: drink warm fluids, eat, exercise, sit on toilet

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-relax
- Never deny the “call of the bowel”
- Squat/use a stool on the toilet
 - See video on <http://squattypotty.com>



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

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



Threading the Needle



- Purpose: thoracic spine of the rib cage) rotation
- Notice: stay with your breath, keep neck in good alignment and relaxed

Rotations/Twisting



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

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)

Pelvic Pain Cont.

- Atrophic Vaginitis: Thinning, drying and inflammation of the vaginal walls due to your body having less estrogen. Vaginal atrophy occurs most often after menopause, but it can also develop during breast-feeding or at any other time your body's estrogen production declines.
- Pudendal Neuralgia: source of chronic pain, in which the pudendal nerve is entrapped or compressed,(or irritated) Pain is positional and is worsened by sitting.

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”

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
- Down regulates nervous system



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 and the Pelvic Floor

Anatomy

Clitoris

Female Prostate

Pelvic Floor Muscles

Health Benefits of Orgasm

Arousal is parasympathetic: need to quiet mind
prefrontal cortex and the temporal lobes
(processing centers of the brain)

What's the Most Important Sex Organ?



The Brain: Otherwise known as the “B” Spot

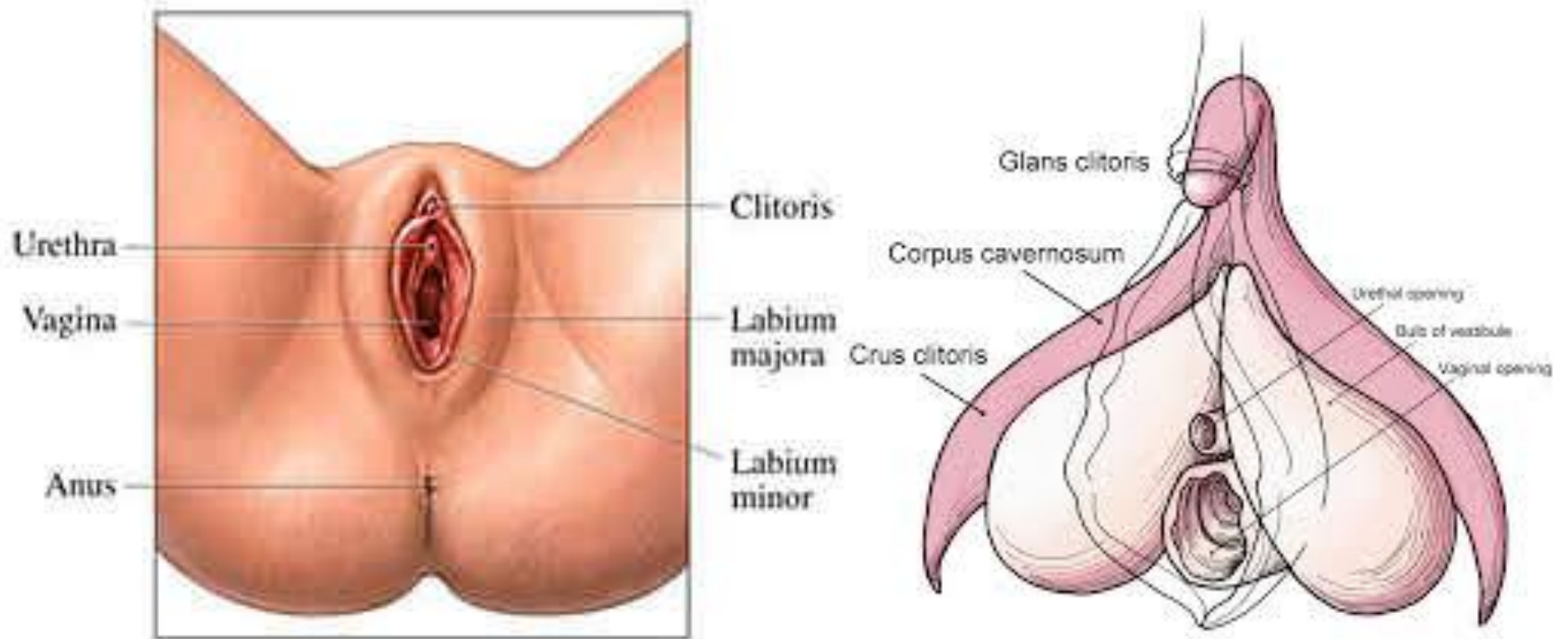
Nervous System: For Arousal

- Turn off
 - prefrontal cortex (area of control)
 - temporal lobe (area of processing auditory stim) tune out everything
- Activity in:
 - Cerebellum: coordinates muscle tension
 - Nucleus Accumens (reward center)
 - Hypothalamus (Oxytocin)
 - Amygdale (emotional centers)
 - Hippocamppus: memory centers

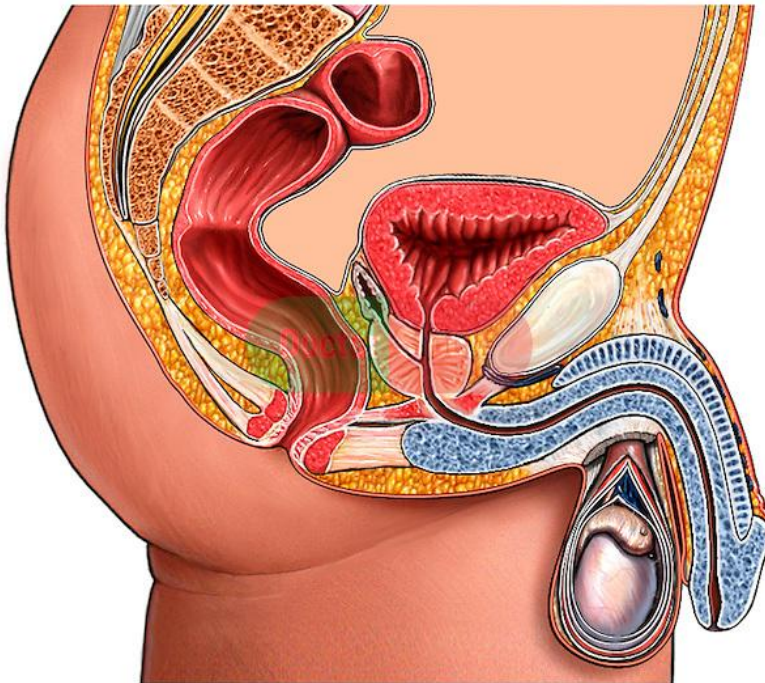
What do you need for Healthy Sex?

- Safety, comfort, create space and time
- Focus/awareness: be in the moment and not on your “to do” list: Practice with yoga & meditation
- Coordinated and strong pelvic floor muscles: Pelvic floor exercises to contract and relax
- Be in parasympathetic dominance (rest/relax, mate/procreate)

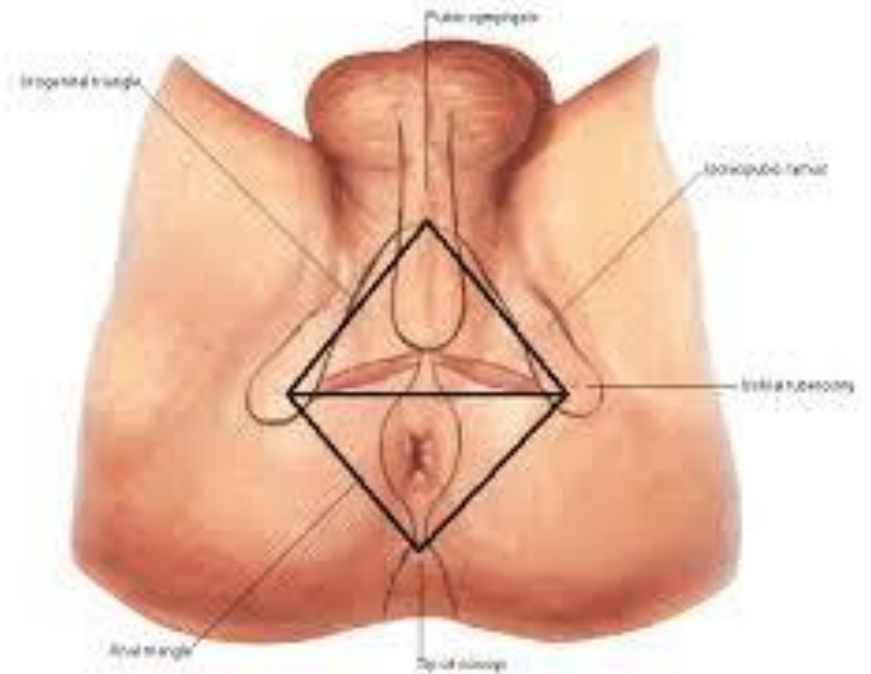
Clitoris



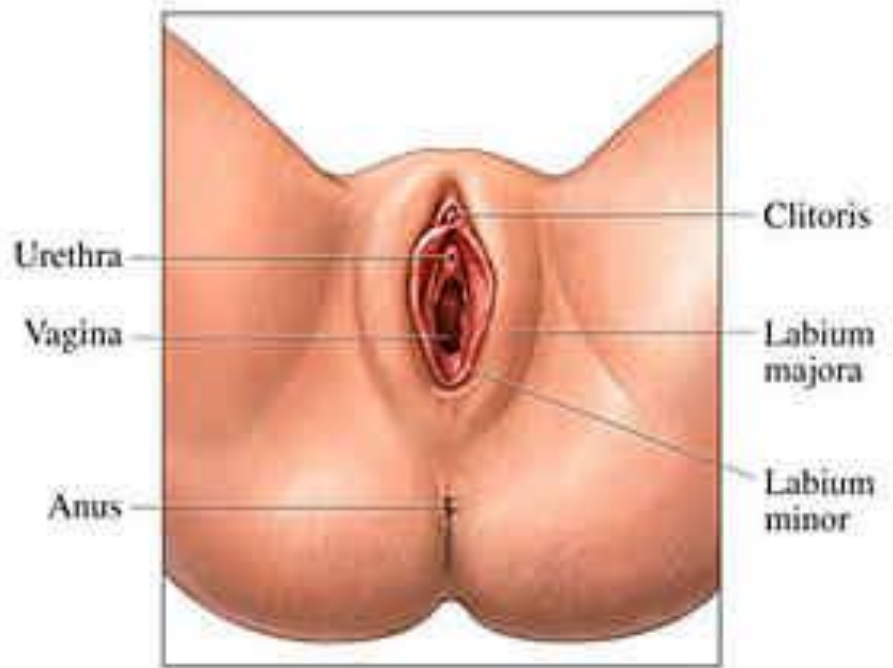
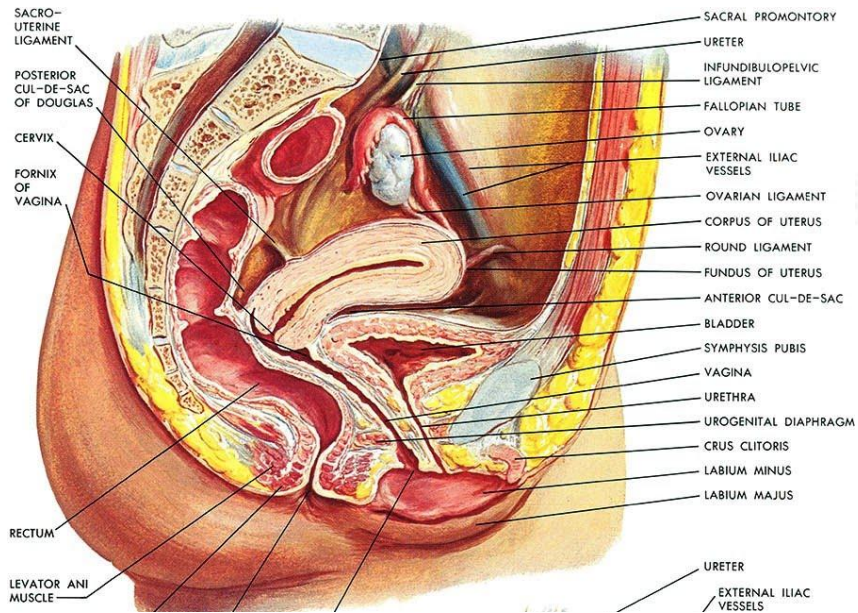
Male Pelvis



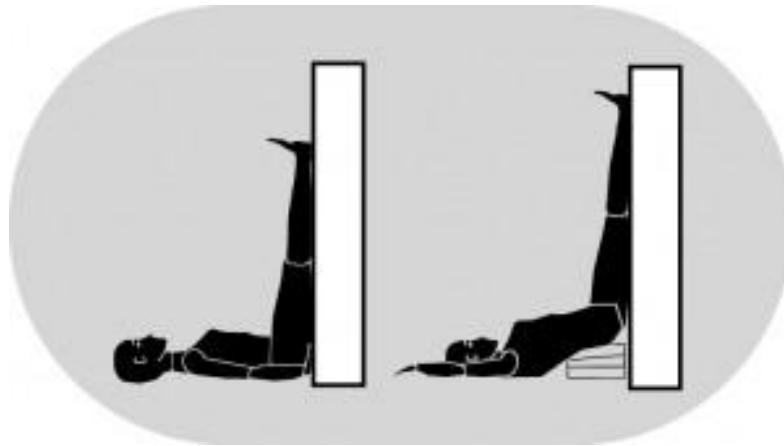
Perineum of Male
Regions [Triangles] and Surface Topography



Female Pelvis



Savasana and Variations: “Just Rest”



Wrap Up

- This is not meant to “cure” pelvic issues but instead to bring awareness to the pelvic area
- Exercises have been chosen out of my work as PT to bring awareness-email list
- Best to have a evaluation qualified pelvic PT to assess musculoskeletal system and function