

Yoga for the Pelvic Floor Series
Judy Abel, PT, RYT 200
Eugene Yoga
April 2-30th, 2015

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

Intentions and Format of the Class

- To give you a “not so common sense” understanding of your pelvis, in a safe comfortable setting –this is not a normal yoga class!
- This is not meant to “cure” pelvic issues but to give you more awareness and more control of the pelvic floor
- Including
 - Anatomy Pelvis and Abdomen
 - Dysfunction (when things don’t work right)
 - Exercise (Yoga Asanas) that promote pelvic health
 - Healthy Habits
- Alternating discussion with exercises
- Website: for pdf of exercises and basic concepts

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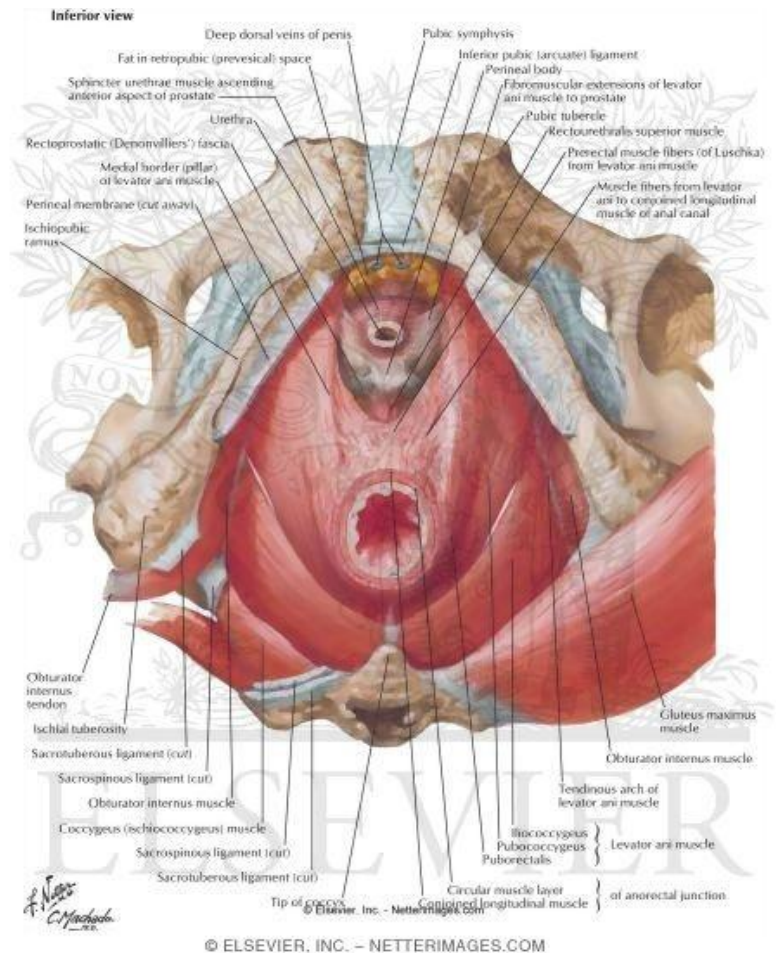
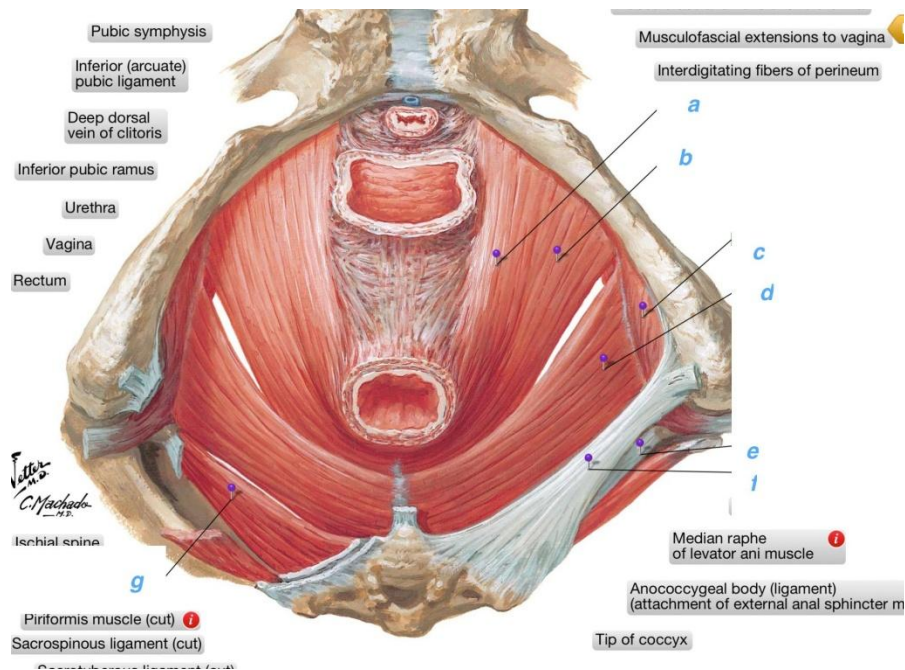
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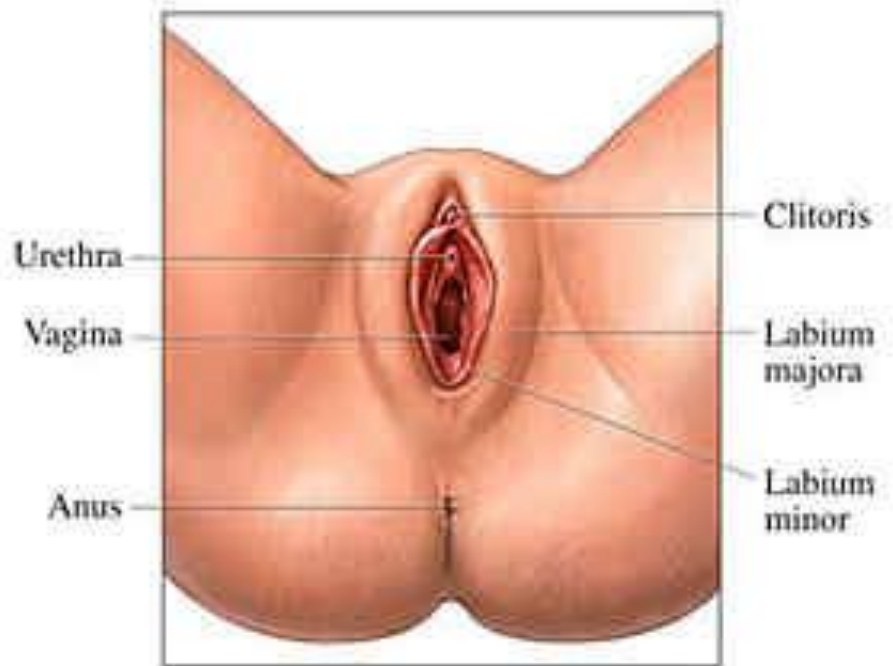
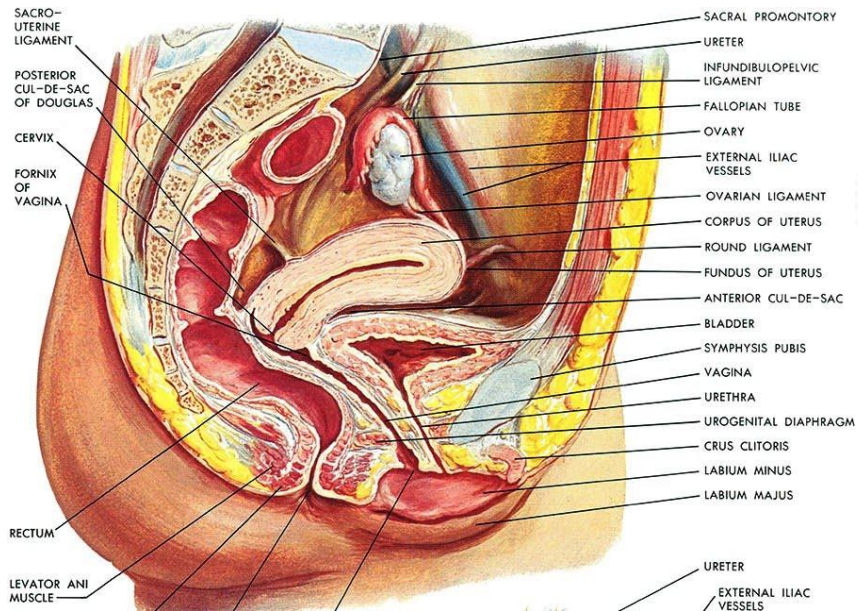
Areas We Will Address

- Bladder
- Bowels
- Pain
- Sexual Issues

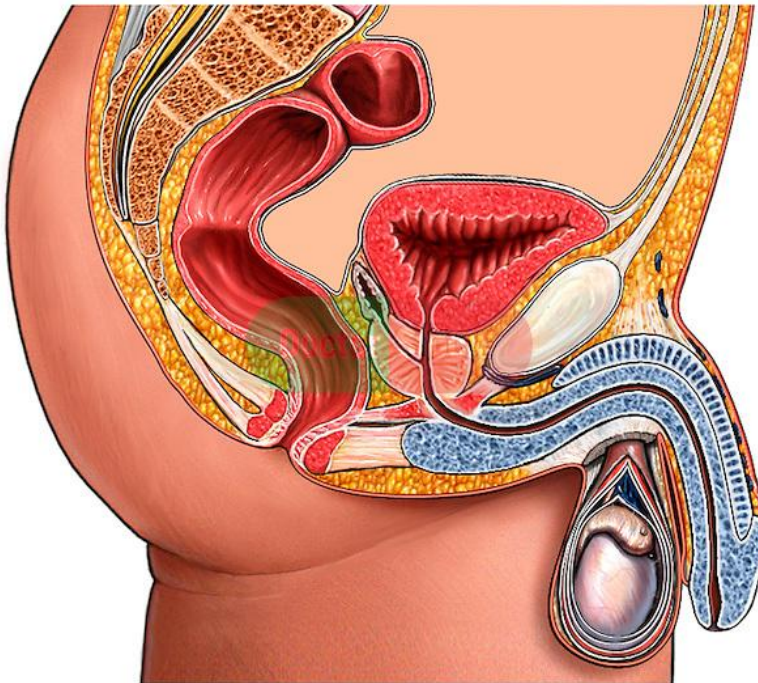
Pelvic Floor Female & Male



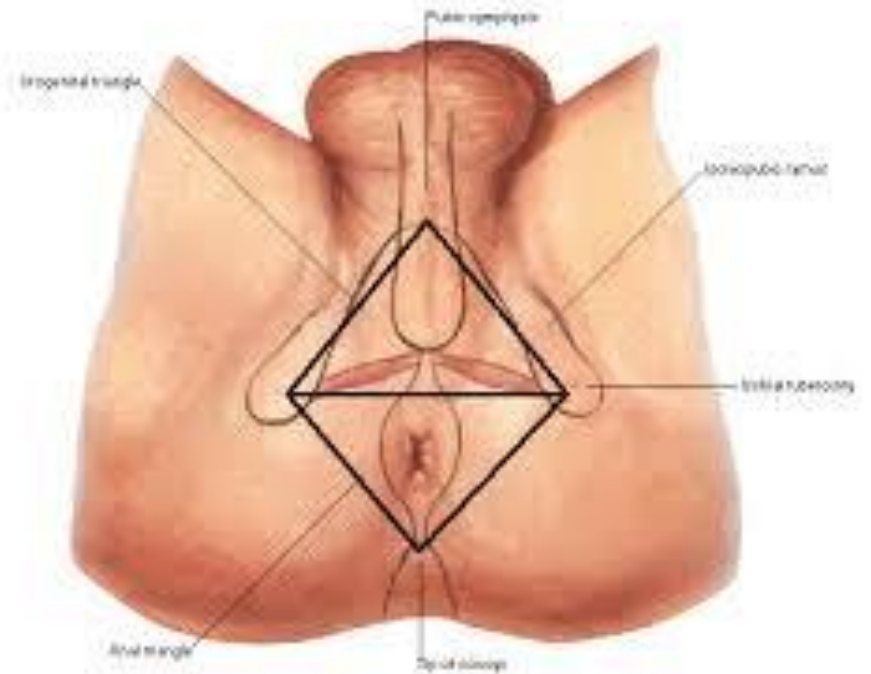
Female Pelvis



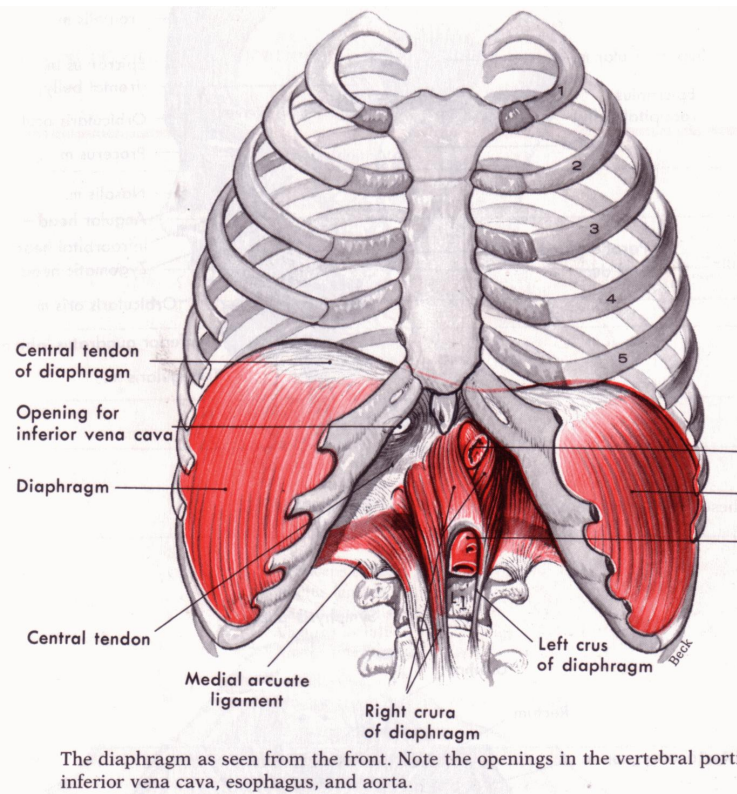
Male Pelvis



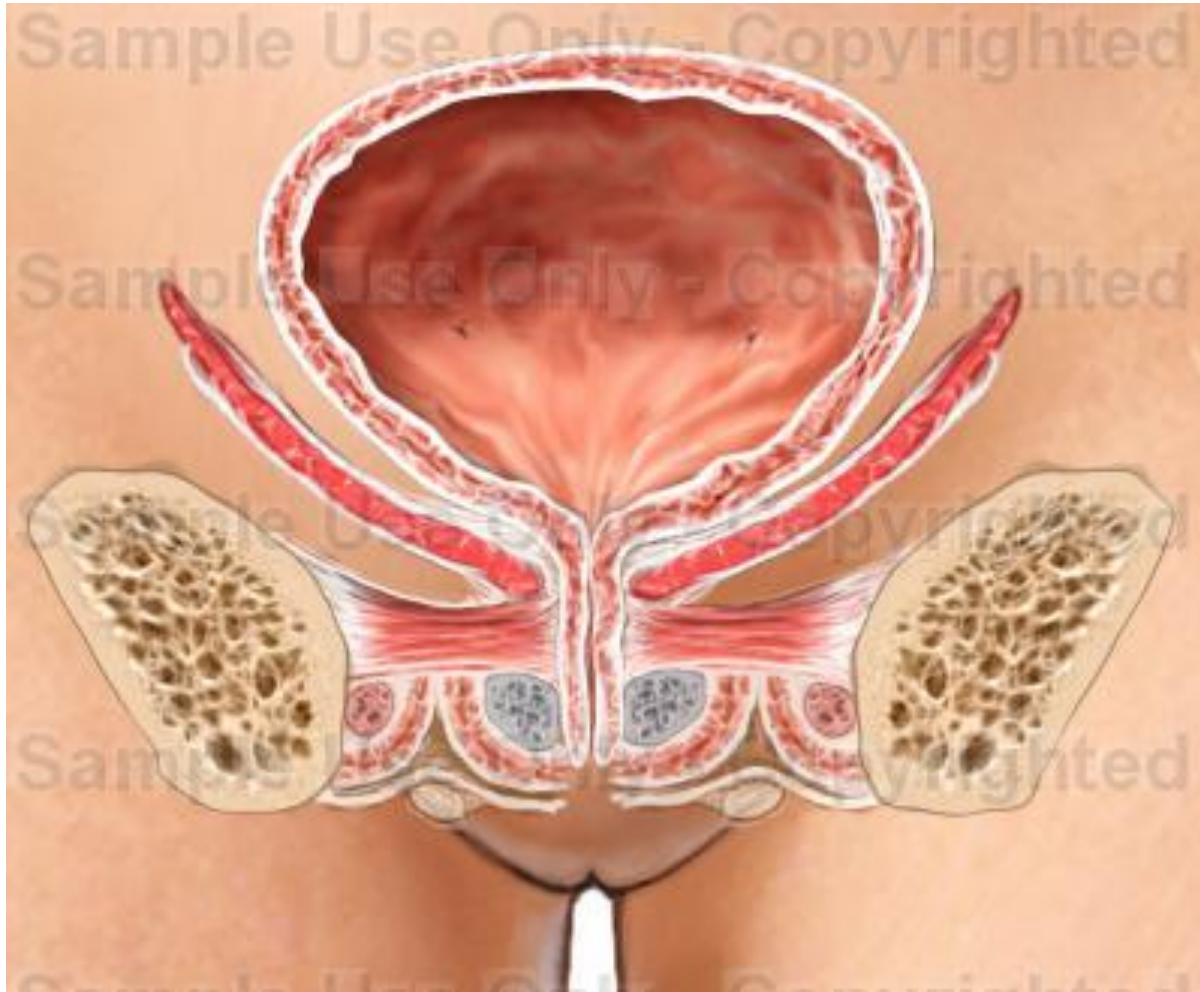
Perineum of Male
Regions [Triangles] and Surface Topography



Diaphragm & Transverse Abdominus



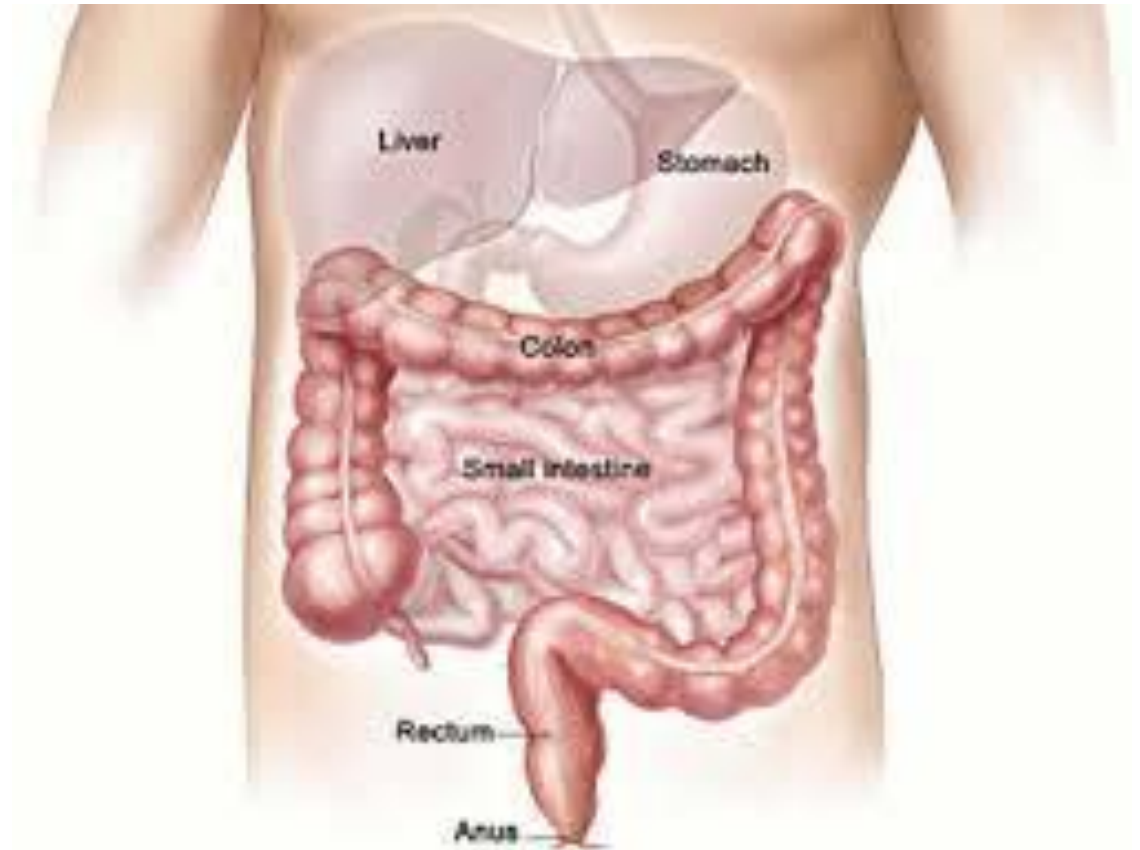
Bladder Anatomy



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judy@pelvicwellnesscenter.com,
541.515.6215

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.



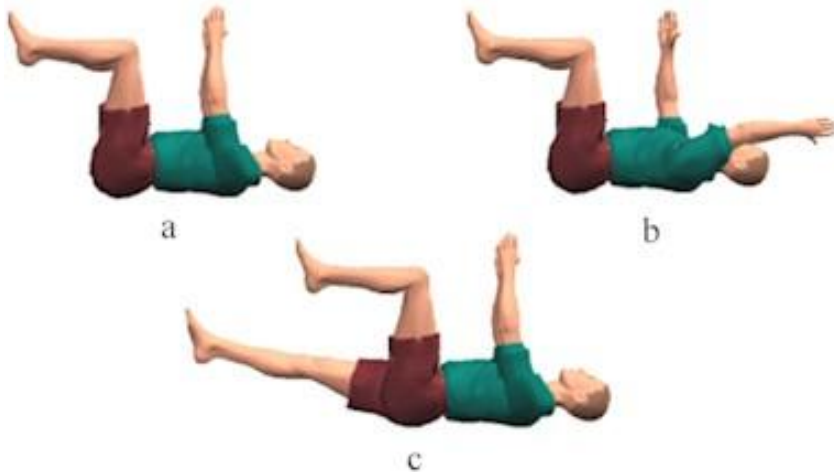
Kegels

- 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
- Mula Bandha

Pelvic Floor Exercises

- Fast Twitch Muscle: Quick flicks
- Slow Twitch: 10 second holds with exhalation
- Elevator Concept: Ground floor relaxed, 10th floor 100% contraction, basement bulge

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

Concept: Pelvic Clock



ClipartOf.com/1146412

Pelvic Clock

Purpose:

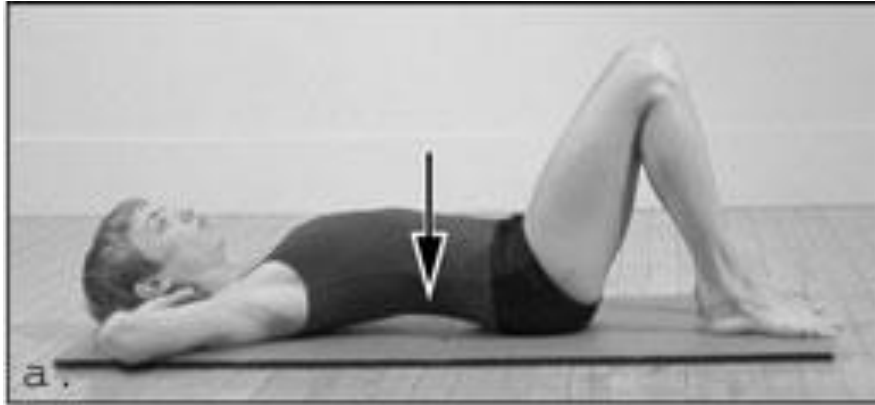
- Coordinate breathing with pelvic movement
- Exhale on flexion (12:00)
- Inhale on extension (6:00)

Notice:

- Resistance, discomfort, lack of smoothness of movement
- Add Pelvic Floor mm's



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

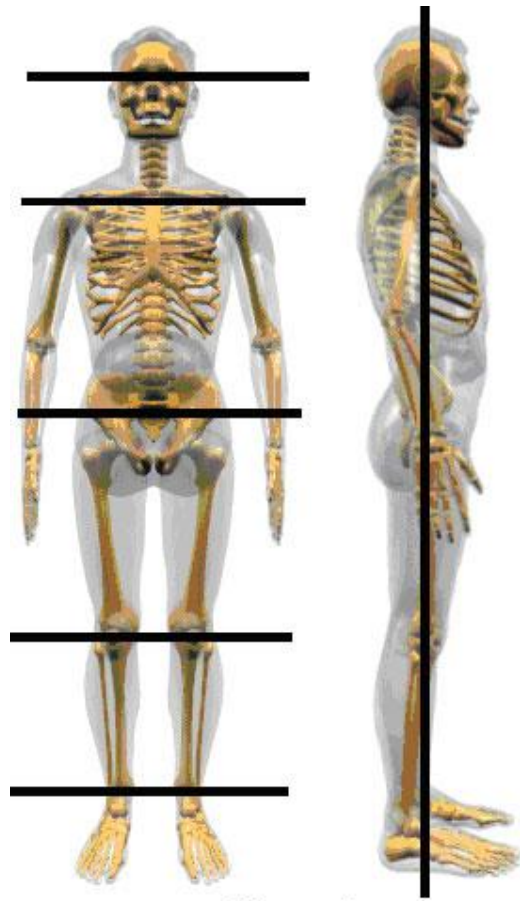
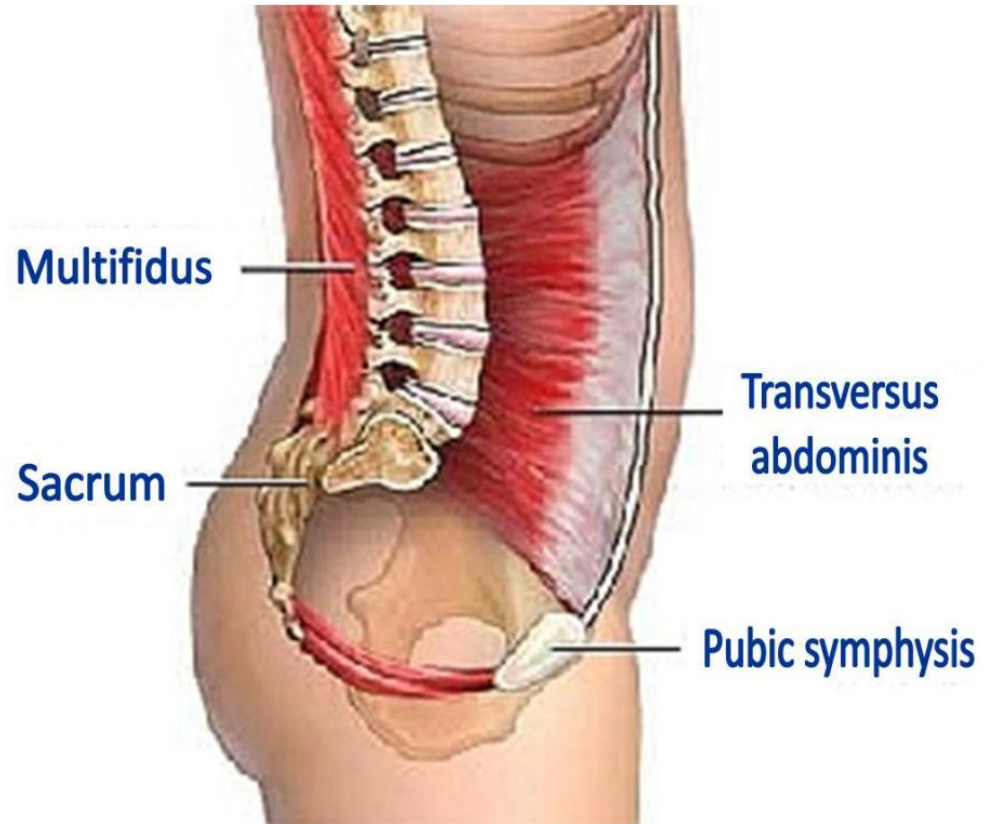


Figure 1

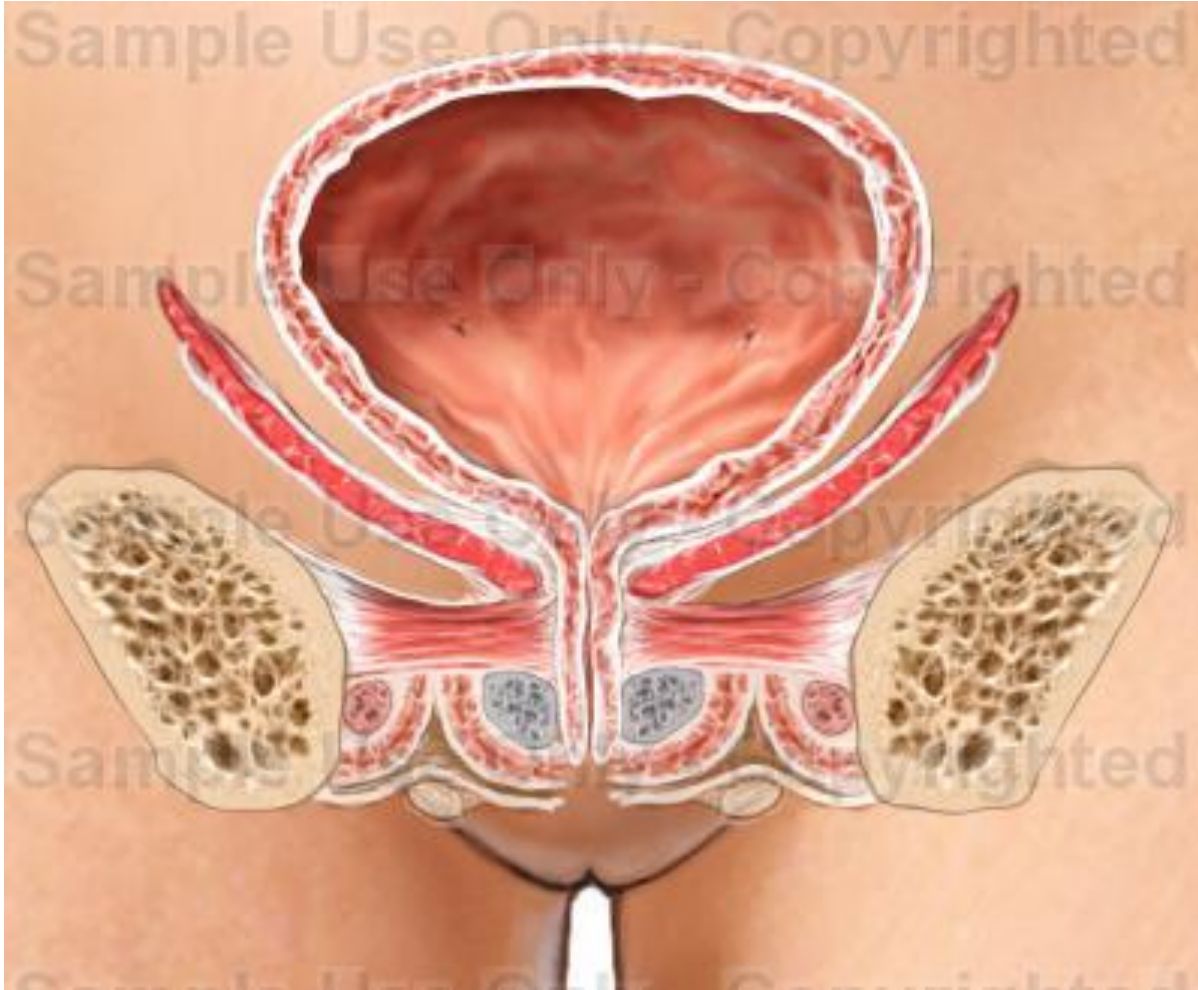


Core stabilization Find TA's (squeeze block) go to marching



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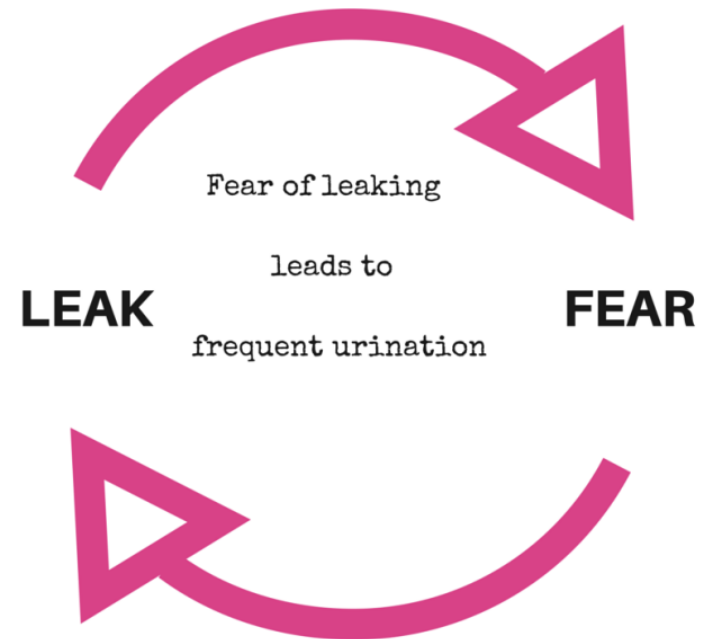
Bladder Anatomy



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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, yes even after menopause!
- 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)

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



Purpose:

- Balance, Core stabilization

Notice

- Differences side to side, can you stay with the diaphragmatic breathing and engage the pelvic floor?

Downward Facing Dog



Judy Abel, PT, Pelvic Wellness Center:
judy@pelvicwellnesscenter.com,
541.515.6215

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

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



Breathe into the
diaphragm

Press down and back with
elbows

Release tension in
shoulders/neck

MARTIN SCODUTO

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judy@pelvicwellnesscenter.com,

541.515.6215

Low lunge

Purpose:

- Balance, open the front (hip flexors) of the thigh with knee on floor in this case)

Notice:

- Contract glutes to front of hip (the hip flexors)



Child's Pose & Supported Child's Pose



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



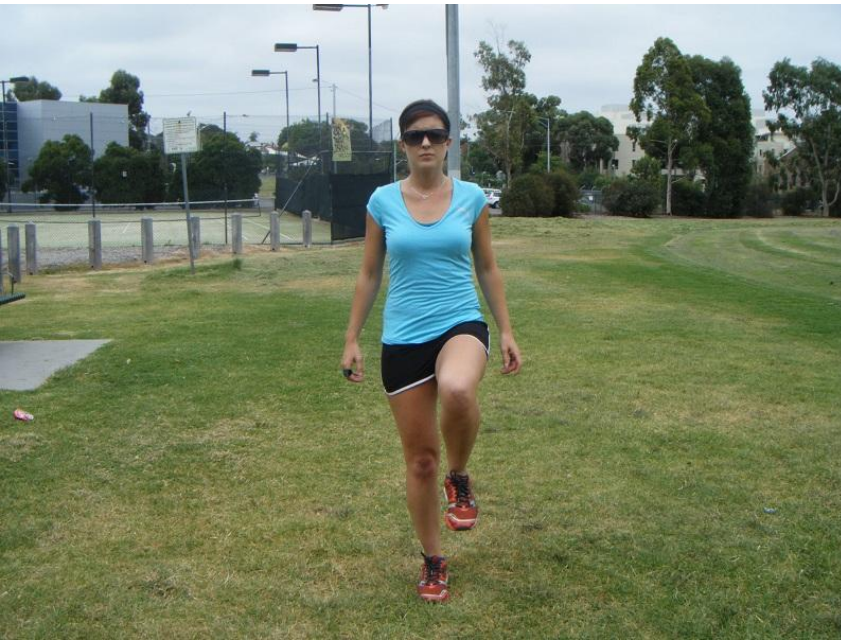
Purpose:

- Aligned posture
- Engaged adductors and pelvic floor muscles

Notice:

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

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?



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Warrior Two

Verhabhadrasana II



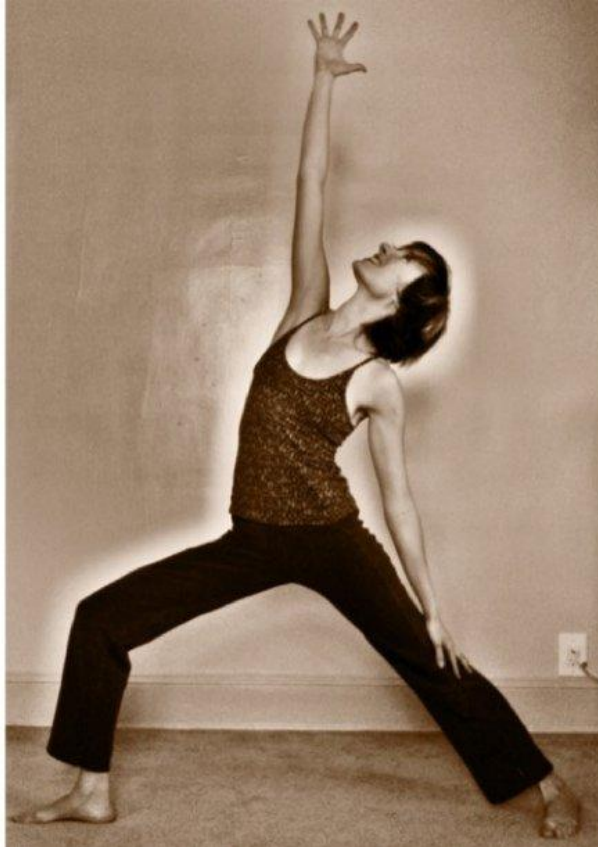
Purpose:

- 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

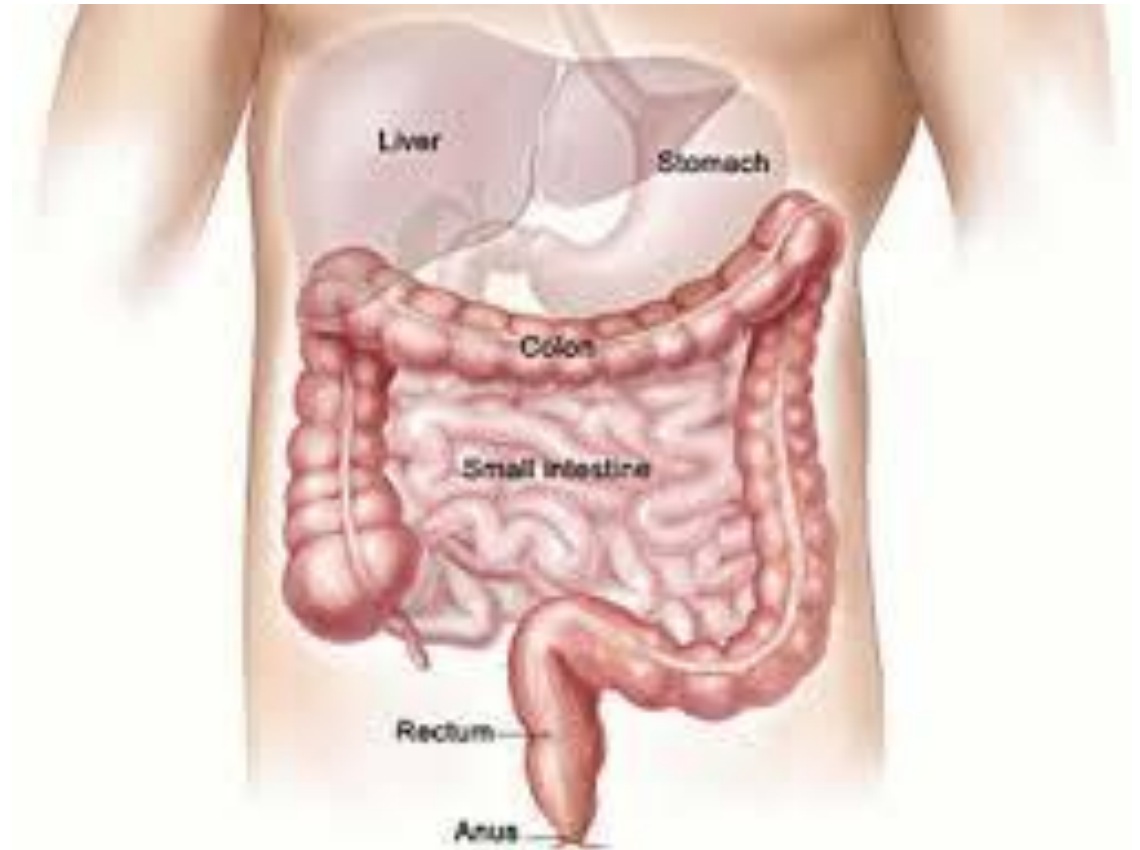
Notice:

- Can you stay in alignment and breath?



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
- 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
- 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>

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



Judy Abel, PT, Pelvic Wellness Center:
judy@pelvicwellnesscenter.com,

541.515.6215

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



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judy@pelvicwellnesscenter.com,
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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



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)
- 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”

Supta Badha Kanasana



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judy@pelvicwellnesscenter.com,
541.515.6215

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?

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judy@pelvicwellnesscenter.com,

541.515.6215

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

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judy@pelvicwellnesscenter.com,

541.515.6215

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

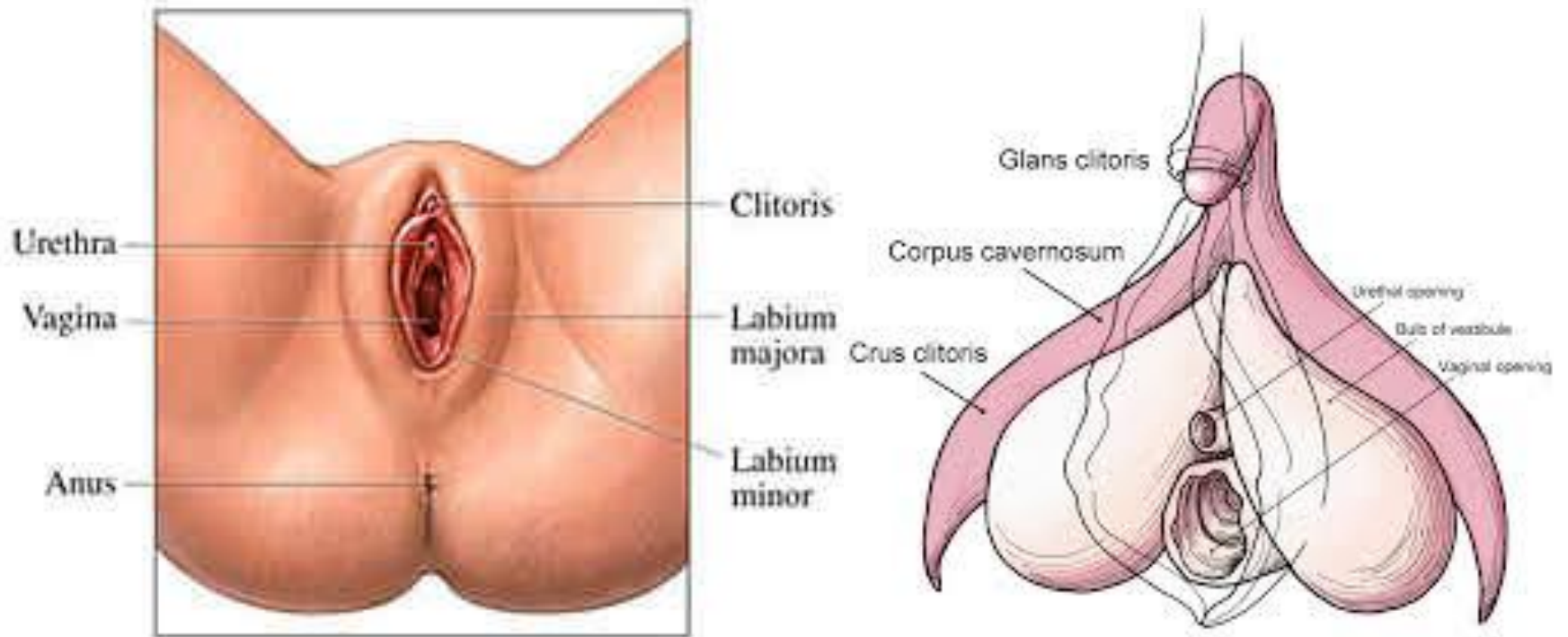
Female Prostate

Pelvic Floor Muscles

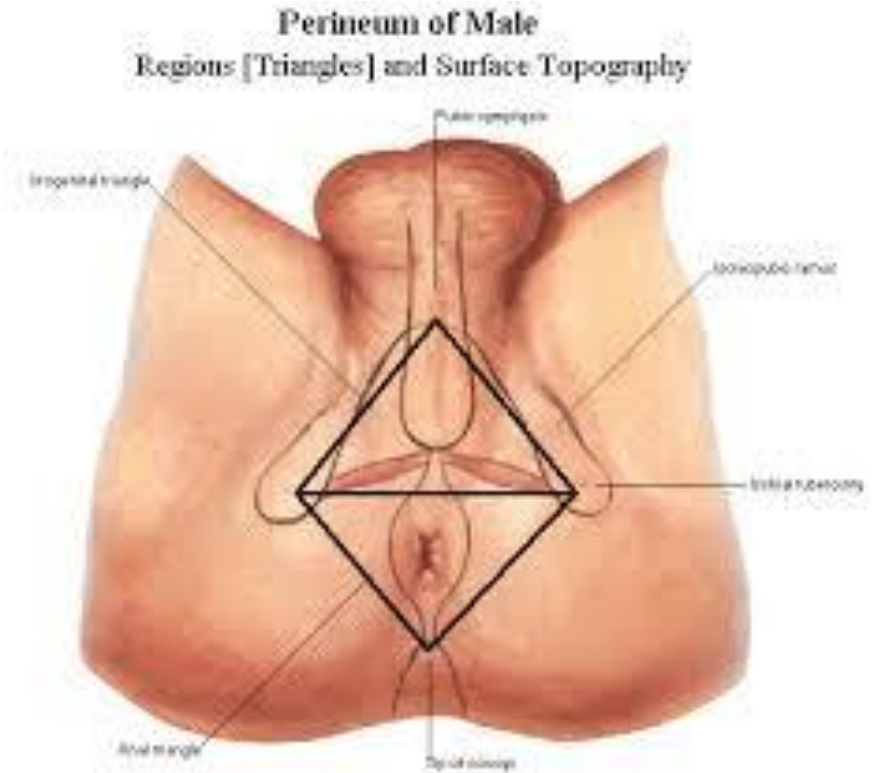
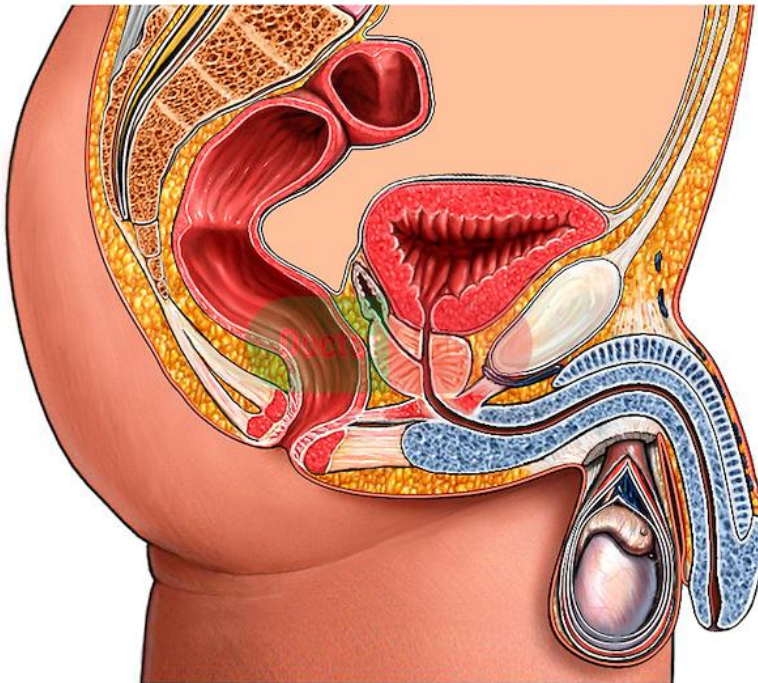
Health Benefits of Orgasm

Arousal is parasympathetic: need to quiet mind
prefrontal cortex and

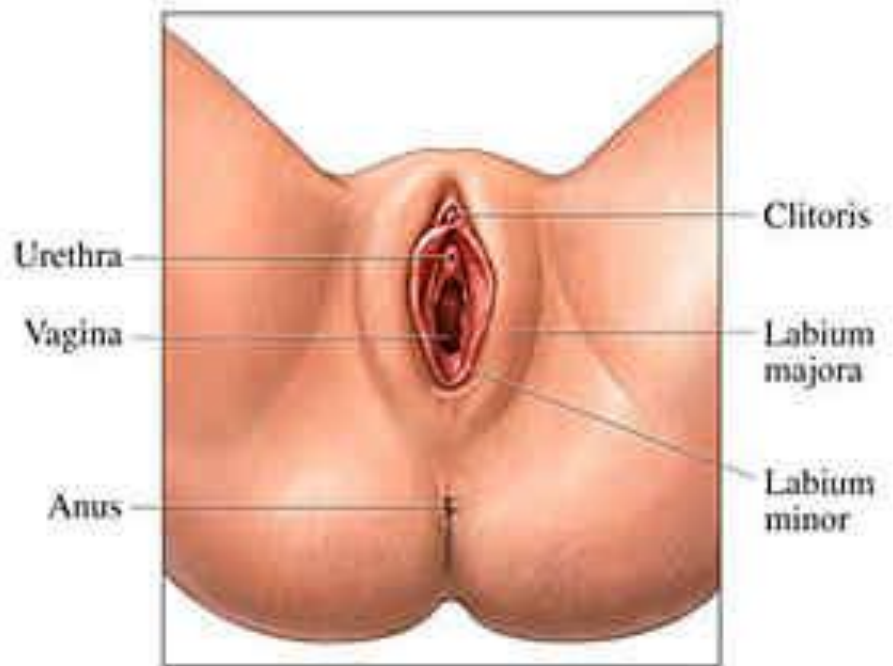
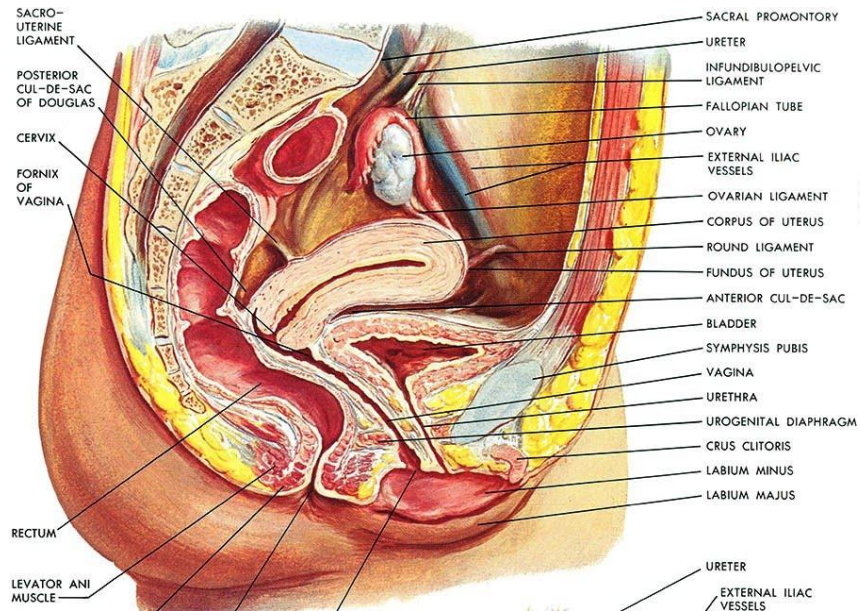
Clitoris



Male Pelvis



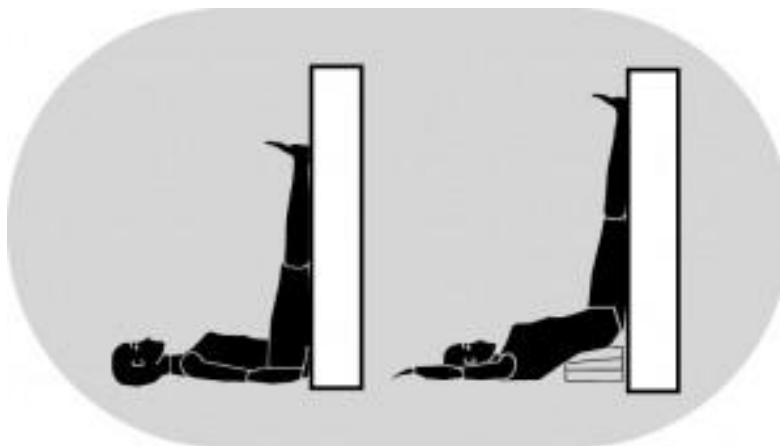
Female Pelvis



Savasana and Variations: “Just Rest”



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This We Have Now-Rumi

This we have now

is not imagination.

This is not

grief or joy.

Not a judging state,

or an elation,

or sadness.

Those come and go.

This is the presence that doesn't.

From Essential Rumi

by Coleman Barks

Judy Abel, PT, Pelvic Wellness Center:

judy@pelvicwellnesscenter.com,

541.515.6215

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
- Best to have a evaluation qualified pelvic PT to assess musculoskeletal system and function