

TOP 10 PELVIC HEALTH TIPS

- 1. Healthy Bladder & Bowel Movements:** Bladder: 5-7x/day for 8-10 mississippi seconds long; Bowel: 1x/day (normal up to every 3 days), consistency of stool: long and soft.
- 2. No Peeing “just in case”** This mixes up the communication system between your bladder and brain.
- 3. Breathing during Bowel Movements:** Inhale to expand and relax the pelvic floor, then exhale through tight lips (like blowing out a candle) or with a “shh” sound to keep the pelvic floor relaxed and open through the exhale. No straining!
- 4. Toilet Posture:** Put your knees up to mimic a squat, this helps relax your pelvic floor muscles and straighten out your colon.
- 5. ILU Massage:** Great for constipation, bloating or painful periods; 5-10 minutes daily. Here is a YouTube video of the ILU massage:
<https://www.youtube.com/watch?v=JTOKKVLBHzk>
- 6. Vulvar Care:** Vagina is described as a self-cleaning oven, meaning plain water is sufficient to keep it clean – do not use soap or other feminine products.

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7. **Calves on a Stool:** Great for painful periods, increasing circulation to the pelvic floor, releasing tension in your pelvis and decreasing pressure from a prolapse.

- Align your pelvis with your spine, and lie on the floor with your calves resting on a surface that is about knee height.
- Ensure your legs are parallel to the floor, and your feet are level with your knees. You can use a surface that is approximately 14-16" high such as a stool, bench, coffee table.
- Stay in this position for 5-10 minutes a day.

8. **Heat Pack & Castor Oil:** Great to help with cramps during your period. Place a small amount of castor oil over your abdomen and then put a warm heat pack on top for 15 minutes.

9. **Stay Hydrated!** Remember to sip on your water throughout the day, instead of chugging it down all at once.

10. **Diaphragmatic Breathing & Pelvic Floor Exercises:** Can help with many different things, like painful periods! See a pelvic floor physiotherapist to learn more about what exercises are right for you.

Note: The content of this page does not replace professional medical advice, it is for informational purposes only. Please seek out help from a licensed physiotherapist or medical professional before starting an exercise or treatment program.