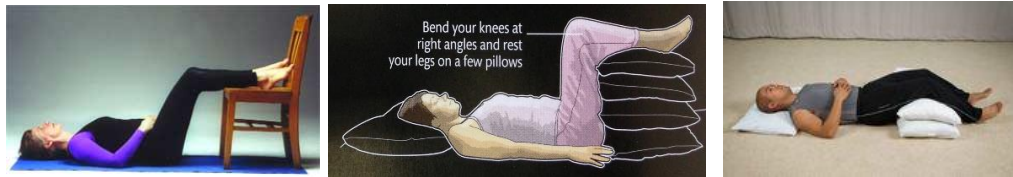


DIAPHRAGMATIC BREATHING WITH PELVIC FLOOR RELAXATION

Position: Lying on the back with knees bent over 1-3 pillows or a chair; sitting on a chair with feet rested on the floor.



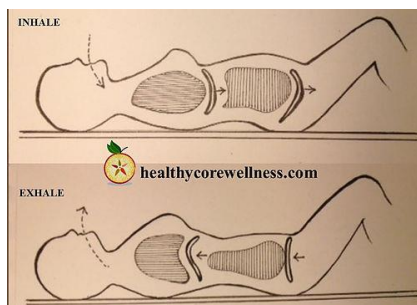
Place your hands in any of these positions as shown below.



Diaphragmatic breathing:

1. Gently breathe in to fill air under your hands over the lower chest and/or abdomen.
2. Feel the ribs moving outwards to the sides and the abdomen rising forwards gently.
3. **DO NOT** attempt to push the abdomen out consciously. The upper chest should be relaxed with lesser movement than the abdomen.
4. Gently breathe out through your mouth (pursed) and feel the lower chest and abdomen sink in back to resting position

Diaphragmatic breathing with pelvic floor relaxation:



1. When you inhale properly with **diaphragmatic breathing**, your diaphragm actually lowers to make room for the breath, so it is natural to also lower and relax the pelvic floor muscles at the same time (as shown in the picture)
2. When you exhale, your diaphragm rises to push the air out, and you then naturally raise your PFM's on the breath out.
3. Pay attention to this, and see if you can feel you pelvic floor relaxing as you breathe in.

Note: You may feel light headed or dizzy during or after this exercises, if you have hyper ventilated. Therefore, it may be better to do few repetitions at one time and repeat them through the day.