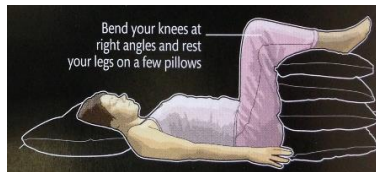


PELVIC FLOOR DROPS/ PELVIC FLOOR RELAXATION EXERCISE

Pelvic floor relaxations is also, known as “Reverse Kegels”. During this exercise, there is “down training” or “dropping” of pelvic floor muscles. The feeling of dropping your pelvic floor muscles is similar to the moment of relief when you are actually in the toilet and are urinating or having a bowel movement. When you relax and ‘let go’ the tension in the pelvic floor muscles, your pelvic floor drops.

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



1. Gently contract your pelvic floor to feel what tightening the muscles feels like. Now relax the muscles, and let that tension go. Feel the difference between tension and relaxation.
2. Once you feel the muscles are in less tension, go step one further and relax them further by the following cues:
 - a. Imagine that your **tail bone and pubic bone (or your sit bones) are moving away** from each other. Imagine that the pelvic floor muscles are getting longer and as this happens, creating more space in your pelvic floor.
 - b. Imagine the pelvic floor muscles as a ‘**bucket**’. When you contract the muscles, let the bucket be drawn up. And then, drop the ‘bucket’ lower and lower to relax the muscles.
 - c. Imagine your pelvic floor as an ‘**elevator**’. When you contract the muscles, let the elevator go to the top floor. And then, let the elevator gradually lower to the main floor. Do not push the pelvic floor, so that the elevator goes to the basement.

Note: Do not let your pelvis or spine move during the movement. This exercise requires concentration and patience, as it will take some time to feel the relaxation of the muscles.

Progressive relaxation of the pelvic floor:

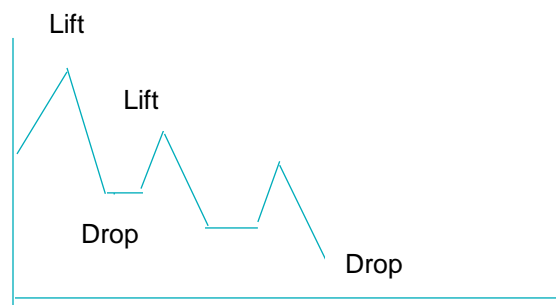
Imagining the pelvic floor as a **'bucket'**:

- Start by gently contracting the pelvic floor muscles (raising the bucket) and then drop the bucket as far as possible. Rest for 10 seconds.
- From that point, gently lift up the 'bucket' and drop it further down from there. Rest for 10 seconds.
- Repeat in the same way until you feel the pelvic floor muscles are completely relaxed. (as shown below)

Imagining your pelvic floor as an **'elevator'**:

- Gently contract the muscles and feel that the elevator is moving up to a higher level (for e.g., 10th floor).
- Now, slowly lower the elevator to a few levels below (e.g., 5th floor) and feel the decrease in tension in the muscles. Rest for 10 seconds.
- From that point, gently again go up one level (e.g., 6th floor) and drop down again to a few levels lower (e.g., 4th floor).
- Repeat in the same way until you feel your pelvic floor has dropped to the ground floor.

Note: Do not push or bulge the pelvic floor, as if the elevator is lowered to the basement.



Perform 5-6 sets of 3 raises and relaxes daily.