



Top feel-good tips for Pelvic Health

Also for You:

Osteopathy and Cranial Osteopathy

During puberty, pregnancy, post-natal and the menopause

Pilates

1:1 classes or small groups

Homeopathy

For hormonal health and natural alternatives

Naturopathy

Nutritional advice and support for all the family

Pelvic Floor Exercises aren't Enough

The chances are, that if you have only ever done just Pelvic Floor (PF) exercises, you are still experiencing some stress-incontinence. Learn new ways to effectively strengthen your PF.

Educate yourself

The PF is part of your core, continuous with your abdominal muscles, diaphragm, spinal muscles and sacrum. Therefore exercise needs to target the core (and more) to influence the PF.

Breathe Easy

Learning how to breathe into the lower ribs, relax the shoulders and fully utilise the diaphragm improves the pressure within the abdomen and off-loads the PF.

Don't slouch

Don't sit in a C-shaped curve, sit up and off your tailbone. This allows the tailbone to move backwards, creating space and improved tone in the PF.