

WHAT CAN I DO IF I HAVE PELVIC PAIN?

PRACTICE DIAPHRAGMATIC BREATHING:

The diaphragm is the main muscle for breathing. As you breathe in, the diaphragm moves down to allow air to enter the lungs. This same movement simultaneously occurs in the pelvic floor muscles, allowing them to relax. As you exhale, the diaphragm and pelvic floor move back up to resting state. Practicing diaphragmatic breathing at least once a day can reduce your pain.

1 Lie down or sit in a comfortable position. Place one hand on your tummy, and one hand on your sternum. Take an easy breath in through your nose. Focus on allowing both hands to rise. Breathe out through your mouth and rest.



2 Position yourself on hands and knees. Take an easy breath in through your nose, and let your tummy drop down toward the floor. Breathe out through your mouth and rest.



3 Position yourself on hands and knees. Sit your hips back while reaching your arms overhead and lowering your chest to the ground. Take an easy breath in through your nose, and let your tummy drop towards your legs. Breathe out through your mouth and rest.



4 Lie on your back with knees supported on a couch, chair, bed, or supported with pillows to create a 90-degree angle between your knees and hips. Place one hand on your tummy, and one hand on your sternum. Take an easy breath in through your nose. Focus on allowing both hands to rise. Breathe out through your mouth and rest.



GENERAL RECOMMENDATIONS:

- Drink 48-64 oz of water per day (6-8 glasses or 1.5-2L) to maintain good hydration.
- Avoid holding urine for long periods of time OR urinating “just in case” you need to go.
- Do urinate every 2-4 hours when you have mild to moderate urge, to reduce symptoms of burning, pressure, or discomfort in the bladder or pelvic area.
- Avoid squatting or hovering over the toilet when urinating. Sit fully on the toilet with your bottom on the seat.
- Avoid straining with bowel movements. Sit with your feet on a stool to bring knees higher than hips. Lean forward with arms resting on thighs, without rounding your back. Blow out gently and consistently to pass your bowel movement.