

Long-term Preservation of the Pelvic Floor

Pelvic Tilts using crossed blocks:

Place the blocks so the upper one is under the sacrum.



Exhaling, press the feet into the floor and engage the pelvic floor muscles so the sacrum and lumbar spine press into and tilt the upper block, creating a slight wedge of support for the pelvis.



Inhaling, lengthen the abdomen as you slightly arch the spine. Repeat as many times as is comfortable.

As well as creating a slight lift for the pelvis, which is helpful in cases of prolapsed pelvic organs, this position gently strengthens the pelvic floor while resting the central nervous system. It is especially good for post-natal women.

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