



Pelvic Pain
Foundation
OF AUSTRALIA

WOMEN

Easy Stretches to Relax the Pelvis

These stretches are designed to loosen the muscles inside and around the pelvis.

- Take the movements to a point of increased tension but never pain.
- Hold an easy stretch for 30 seconds and breathe mindfully into your belly.
- Remember to do both left and right sides, up to three times each.
- The exercises will help most when done every day.



Knee to Chest

Start lying on your back with both legs straight, and relax.

Bend one knee to your chest.

Hold an easy stretch for 30 seconds while breathing deeply into your belly.

Repeat the stretch with other leg.



Knee to Opposite Shoulder

Start lying on your back with both legs straight.

Bring left knee to your chest and diagonally to your opposite shoulder.

Hold an easy stretch for 30 seconds while breathing deeply into your belly.

Repeat the stretch with the right leg.



Foot and Knee Up

Start with your feet on the floor and knees bent.

Bring your right foot to the front of your left knee.

Lift your left knee towards your chest.

Hold an easy stretch for 30 seconds while breathing deeply into your belly.

Repeat the stretch the opposite way with the right foot to left knee.



Knee Over to Hand

Start with your feet on the floor and knees bent.

Left knee comes over your body to the floor near your right hand. This can hold the knee down.

Hold an easy stretch for 30 seconds while breathing deeply into your belly.

Repeat the stretch the opposite way with the right knee to the floor on the left side of the body.



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Child Pose

Start on your hands and knees.

Relax your bottom down towards your heels

– your knees are wider apart; feet closer together.

Your head can rest on the floor.

Hold an easy stretch for 30 seconds while breathing deeply into your belly.

Repeat the stretch with other leg.



Flat Frog

Start lying on your back with the soles of your feet together and knees falling apart.

Bring your feet comfortably close to your bottom.

Hold an easy stretch for 30 seconds while breathing deeply into your belly.



Happy Baby

Start with your feet on the floor and knees bent.

Grasp the inside of each foot – arms inside your knees.

Allow your knees to widen apart.

Apply gentle pressure downwards.

Hold an easy stretch for 30 seconds while breathing deeply into your belly.



Relaxed Frog

Start with your weight on your hands and feet.

Relax your bottom down between your heels.

Your elbows gently push your knees apart.

Hold an easy stretch for 20 seconds while breathing deeply into your belly.

This stretch is only good for people with good knees!