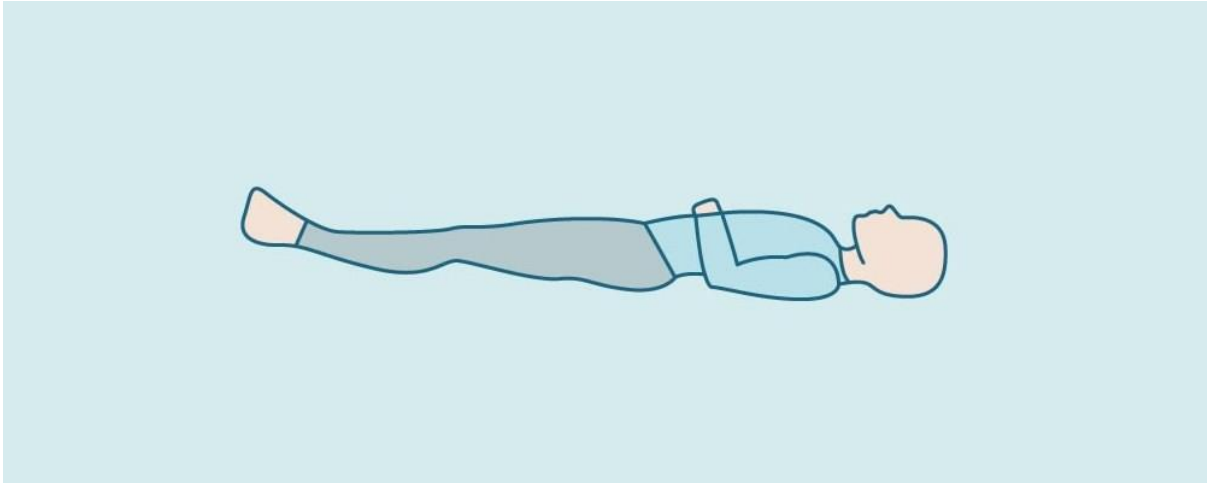
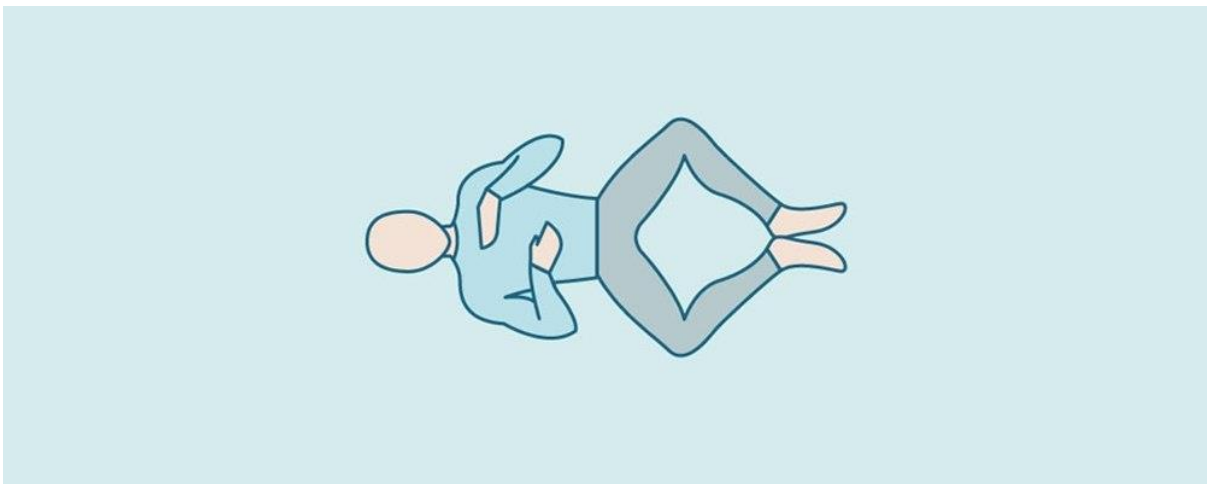


ABDOMINAL BREATHING EXERCISE STEPS



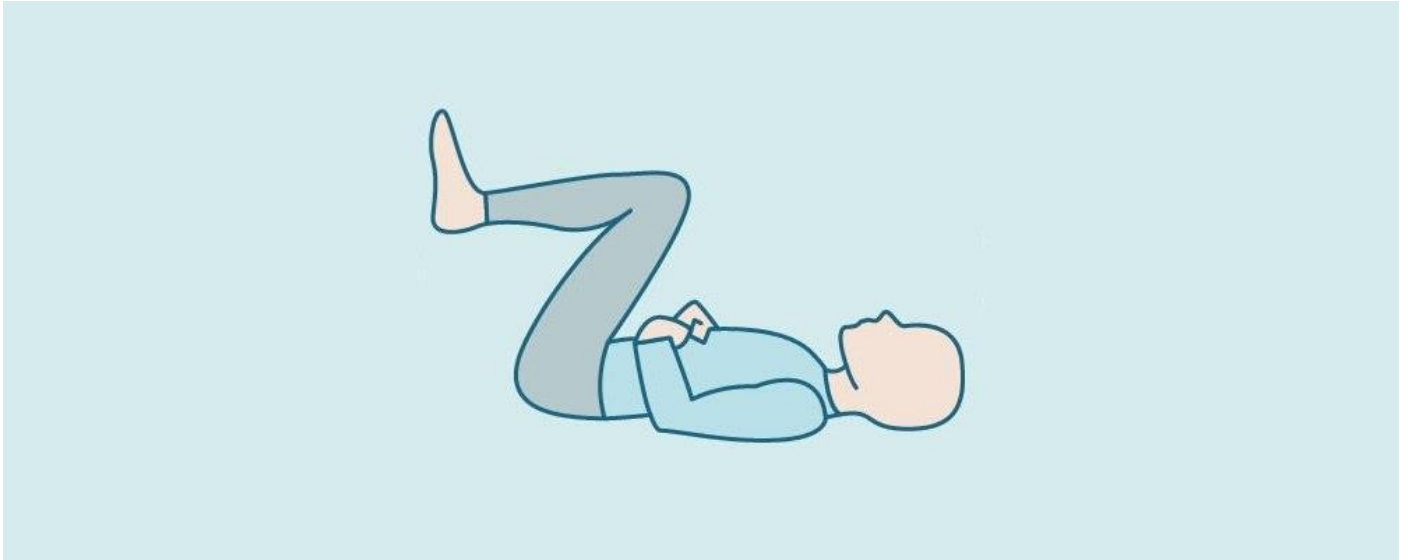
1. Lie on your back somewhere quiet with support under your head and knees.
2. Place one hand on your chest and one on your abdomen.
3. Take a slow, deep breath in through your nose. Feel your tummy rising slowly into the hand on your abdomen.
4. Breathe out slowly through a relaxed mouth. Allowing your tummy to return to its starting position.
5. Repeat for 5 minutes. Keep the breath slow and rhythmic (3 seconds for in, breathe, and 3 seconds for out, breathe). Don't force it.
6. This deep, abdominal breathing technique will be used in all the pelvic pain exercises. Practice this first to ensure a good foundation.

ADDUCTOR STRETCH EXERCISE STEPS



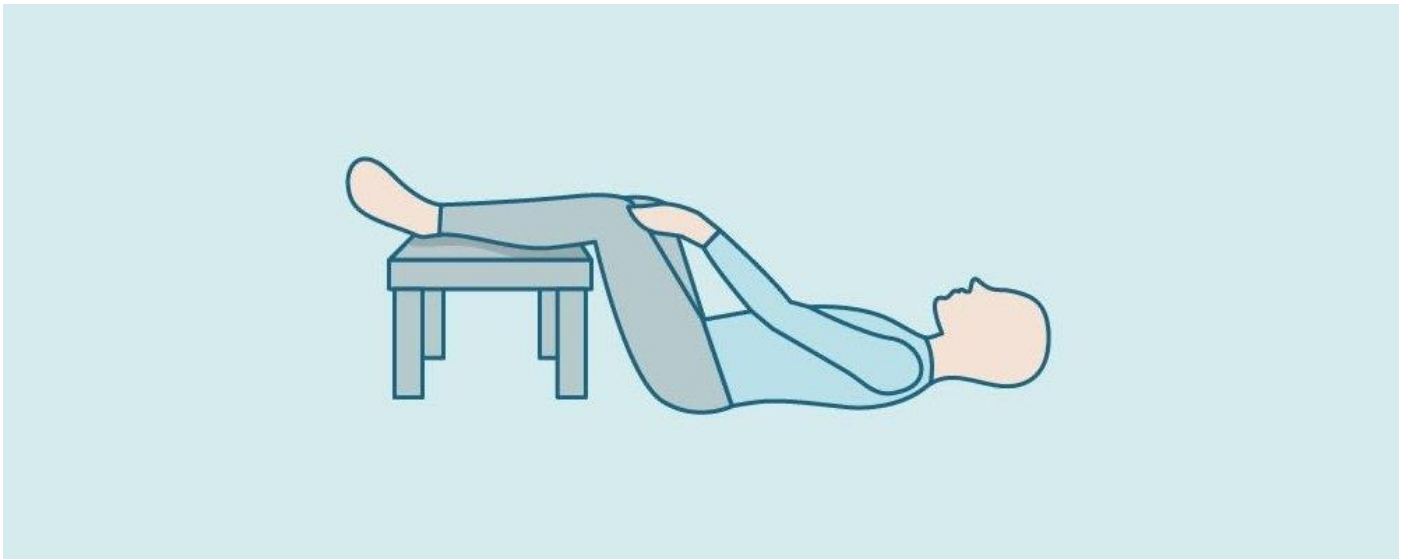
1. Lie on your back with a pillow under your head.
2. Keeping your feet together on the floor bend your knees up.
3. Allow your knees to drop out to the side with the soles of the feet together. You should feel a gentle stretch on the inner thighs between the groin and inner knee. Place a pillow under each knee to provide support to begin with. Reduce the support to increase the stretch over a period of weeks.
4. Follow the deep, abdominal breathing technique protocol for 2 minutes.

Lying squats Exercise



1. Lie on your back with your head supported on a pillow.
2. Ensure your tailbone is a few inches from the wall.
3. Ensure the hips and knees are bent beyond 90 degrees.
4. Place your feet flat on the wall.
5. Let your knees relax and drop out to the side slightly.
6. Practice the deep abdominal breathing technique protocol for 2 minutes.
7. As you inhale you should feel a gentle dropping or bulging of pelvic floor between your tail and sit bones.

PELVIC FLOOR STRETCH (PNF D2)



Lie on your back with a pillow supporting your head.

Bend your hips and knees to 90 degrees and place your feet on a chair.

Place your feet together and allow your knees to relax out to the side.

Place your fingertips on your knees.

Gently push your knees into your fingertips (using roughly 10% of your strength).

Aim to gently push your knees up and out your ears, to where the corners of the wall meet the ceiling behind you.

Hold for 5 seconds, relax and repeat. Practice for 30 seconds.

You should feel a slight drop and bulge of the pelvic floor around the perineum, tail bone, penis and testicles (much like the Reverse Kegel exercise).

Keep your stomach muscles relaxed, do not brace them. Use the abdominal breathing technique protocol to aid this.

AND FINALLY... LISTEN TO MUSIC



1. Plug in your headphones
2. Select your music
3. Press play
4. Lose yourself in your favourite tunes