

Tips from Lori T.

Lori's got you covered for all of the tips and tricks you need to integrate your PT program into your daily life!

STANDING

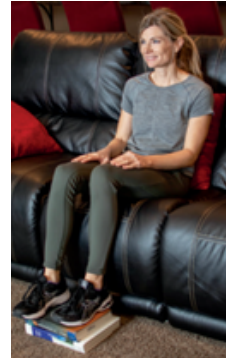
- ✓ Stand on your left leg with your right foot slightly ahead of your left.
- ✓ Shift your left hip back behind your right (rotating through your pelvis and not your trunk).
- ✓ Your left shoulder will be slightly lower than your right.
- ✓ You should feel the majority of your weight on your left foot and heel.
- ✓ If you are holding a child, stand on your left leg with the child in your left arm.
- ✓ When coughing or sneezing, pick a leg (left is better than the right) vs two legs to help provide external support for the pelvic floor.



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SITTING

- ✓ Keep your knees at or above hip level by adjusting the height of the chair or placing a block or books under feet.
- ✓ Occasionally shift your left knee behind your right knee. You may feel your left inner thigh muscle engage while you are in the position.
- ✓ Try to sense your lower back only on the back of the chair or couch. (area from bra line to waist line) This will help to engage your core.



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PELVIC FLOOR DYSFUNCTION AND HOW WE MIGHT BE ABLE TO HELP

There are many issues associated with pelvic floor dysfunction, including (but not limited to) pelvic floor pain, incontinence, urinary frequency, a need to strain with bowel movements, and pain with intercourse. Often people turn to kegel exercises (i.e. the act of tightening the muscles of your pelvic floor for a few seconds as if you're trying to stop the flow of urine and then relaxing those muscles, and then repeating the process), however, many times this practice alone does not effectively resolve pelvic floor dysfunction. A key factor that may need to be addressed is the resting position of your pelvis and how that relates to pelvic floor function.

One way that we address forward rotation of the left side of our pelvis is with an exercise developed by Ron Hruska, called the **Right Sidelying Respiratory Left Adductor Pull Back**. This exercise is designed to rotate the left side of your pelvis back into a normal resting state. By repositioning your pelvis, we put your pelvic diaphragm back in a state where it is properly supporting your bladder, bowels, and reproductive organs, which can effectively contribute to resolution of pelvic floor dysfunction.

To do the **Right Sidelying Respiratory Left Adductor Pull Back**, lie on your right side with your knees and hips bent at a 90° angle and place your feet on a wall. Place a rolled up towel between your feet so that your left knee is lower than your left foot and ankle, and place a flat towel between your knees. Next, when you breathe in through your nose and shift your left knee and hip back (i.e. pull back). Follow this up by gently squeezing down on the towel between your knees while you blow out through your mouth. You should begin to feel your left inner thigh engage. If you continue to experience pelvic floor issues, please reach out to us as you may need more than just this one exercise to properly treat the issues related to your symptoms.



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