

# PF STRENGTHENING EXERCISES

## THE DIAPHRAGM & THE PELVIC FLOOR

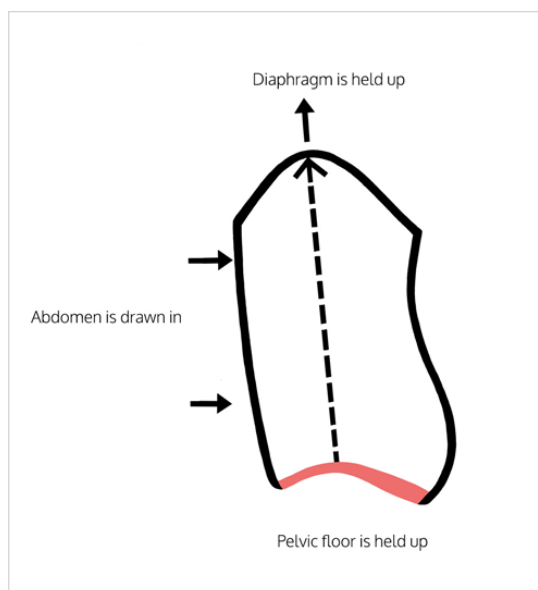
### DIAPHRAGM UP... MEANS PELVIC FLOOR HELD

The diagram shows as if there is a taut elastic band from the pelvic floor up to the diaphragm.

#### How is the tension created?

If the diaphragm is held or if breathing is restricted, the pelvic floor will be held upwards too.

The abdomen will also be held but inwards feeding in to the same pattern of tension.

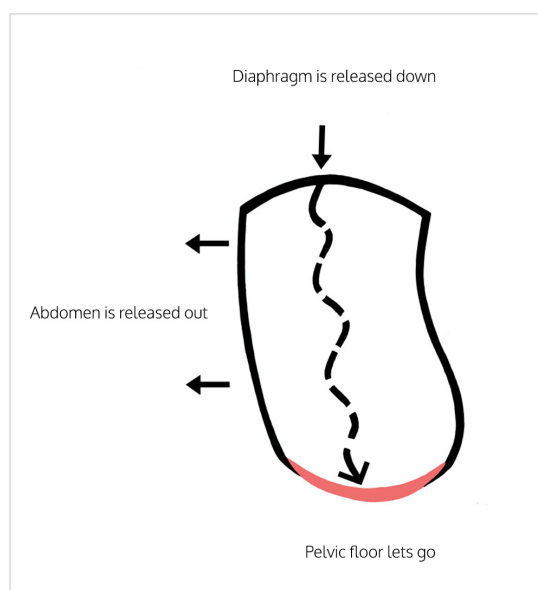


### NOW LET'S MAKE SOME CHANGES

We are practising the release so.. Use the diaphragm to initiate the release.

- Breathe inwards using a "SNIFF" (diaphragm descends)
- At the same time the abdomen releases outwards with a "FLOP"
- This in turns leads to a "DROP" of the pelvic floor.

In this diagram the elastic band can be seen to slacken allowing this release. This slackening is a softening through the fascia and the abdomen to the pelvic floor .



### DIAPHRAGM DOWN... MEANS PELVIC FLOOR RELEASED