

# PF STRENGTHENING EXERCISES

## BREATHING - The 'SNIFF'

### BREATHING IN

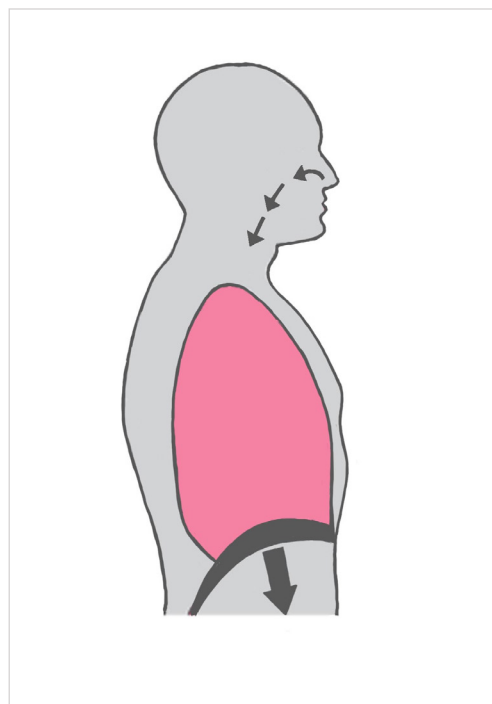
For purposes of releasing the pelvic floor we want to make the diaphragm descend, expanding the ribs out to the sides. We do not want the chest to lift.

As you breathe in keep the chest down and the diaphragm descends making the stomach expand as a 'tummy breath'.

A key part of this is that it must not be forced and the stomach must stay completely soft or it will not allow the diaphragm to descend.

The breath in should be through the nose, it should be audible as a "sniff" indicating that there is sufficient volume of air to make the diaphragm descend..

The breath in should be sustained for 3 seconds allowing time for maximal release.



### BREATHING OUT

The breath out afterwards by contrast is quiet and passive. It should not equal the volume of air of the in breath as much of this air will have 'disappeared'.

*This out breath can be likened to cleaning a pair of spectacles, and should come from the stomach not the chest.*

The pelvic floor release happens on the in breath, everything in the body should already have let go on the in breath so there should be NO more to release on the out breath..

