

Pelvic Floor Dysfunction Information: Hypertonia



What is pelvic floor hypertonia aka tight pelvic floor muscles?



More information and some exercises -->

Down Training Pelvic Floor Exercises

Diaphragmatic Breathing: an important component to relaxation which aids in relaxing the pelvic floor to assist with complete emptying.



Pelvic Relaxation: This video by Shelly Prosko (a Canadian physiotherapist that is also a pelvic floor specialist and yoga therapist). It consists of more stretches, PFM relaxation, visualization and yoga like movement. It is about 45 minutes. Be sure to choose the pelvic floor medicine relaxation



Yoga: Your Pace Yoga is for patients that are already familiar with yoga. The exercises are labeled by diagnosis.

