

# Easy Stretches to Relax the Pelvis

These stretches loosen the muscles inside and around the pelvis. A support or small roller under your hips or spine can be added if it is difficult to hold a position and relax.

- You should feel a gentle stretch, not an increase in pain.
- Hold for 5-8 deep slow breaths, focus on your belly expanding and relaxing. Imagine softening your neck, ribs and lower back.
- Repeat each stretch on both sides up to 3 times.
- Finish the stretch series with a gentle walk or relaxation meditation.

Glutes



**Deep Glutes** - Bring one knee in front of you and rest it on the floor. Straighten the other leg out behind you. Slowly lean forward over your knee, arms forward.



**Figure Four** - Place one foot onto the opposite knee, pull the thigh towards you feeling a stretch in the back of your leg and glutes. Keep shoulders relaxed.

Pelvic Floor



**Deep Squat** - Place your feet wide with toes pointed out. Use a stool under your bottom or a wall for support if needed. Elbows rest on inner thighs.



**Happy Baby** - If you can't reach your feet, hold the back of your thighs or your lower legs. Relax and widen the pelvis. Some prefer to rock side to side.

Obturator



**Forward Lean** - Place feet just wider than your hips and turn toes inwards. Rest arms forward on a support. Lift your tailbone and drop your chest.



**Windscreen Wiper** - On all fours, turn one foot out to the side, gently lean back and hold to feel a stretch on the outer edge of that hip. Bring foot back in.



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Spine



**Cat** - Breathe out as you round up through your spine. Let the crown of your head point to the ground and your tailbone tuck under. Alternate between Cat and Cow.



**Cow** - Breathe in as your chest gently opens towards the floor. Lift your head and point your tailbone to the sky. Alternate between Cat and Cow.

Pelvic Floor



**Modified Happy Baby** - Place your bottom near a wall or support, feet flat on the wall and spread apart. You can use cushions for support under head or gluts.



**Childs Pose** - Start on all fours with knees apart, reach arms forward and stretch your bottom down towards your heels. Allow your tummy to soften to the floor.

Hip Flexor



**Wide Knee Drop** - Bend knees and place feet wide of hips on floor. Slowly drop knees to one side and adjust to feel a stretch in the front of the higher hip.



**Supported Hip Flexor** - In a lunge position use a chair or blocks under hands for support. Tuck your tailbone under then slowly lean forwards.

Pelvis



**Gentle Twist** - Laying on your back, slowly bend one knee and draw it across your body. You should feel a comfortable stretch through your lower back and gluts.



**Resting Pose** - Laying on your back, use supports if needed and relax your knees wide. Feel your belly move as you breath.