



Yoga for Pelvic Floor Health and Incontinence

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Week 3

Virginia Walker -
YTT 500hr & Doula

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Yoga for Pelvic Floor Health and Incontinence – Week Three

Hypertonic & Hypotonic Pelvic Floor

- Introduction
- Hypertonic Pelvic Floor - Causes, Symptoms, Treatment
- Hypotonic Pelvic Floor - Causes, Symptoms, Treatment
- Yoga - Breathwork, Poses & Movement

Introduction

- If you have any worries at all about your pelvic floor health please consult your GP or go straight to a specialist in pelvic floor health / women's health physio.

Hypertonic Pelvic Floor Dysfunction

- Hypertonic pelvic floor dysfunction occurs when the pelvic floor muscles are excessively tense or overactive.

Causes:

- Chronic stress or anxiety
- High-impact activities
- Pelvic surgery or trauma
- Poor posture
- Chronic constipation
- Overactive bladder

Symptoms:

- Pelvic pain or discomfort
- Urinary urgency or frequency
- Difficulty emptying the bladder or bowel
- Painful intercourse
- Lower back pain

Hypertonic Pelvic Floor Dysfunction

- Hypertonic pelvic floor dysfunction occurs when the pelvic floor muscles are excessively tense or overactive.

Treatment options:

- Pelvic floor physical therapy
- Techniques to release tension and promote relaxation
- Relaxation exercises: Breathing exercises, stretches, and meditation
- Biofeedback: Using technology to help visualize muscle activity and promote relaxation
- Medications: Muscle relaxants or pain relievers, if necessary
- Stress reduction techniques
- posture improvement
- dietary changes.

Hypotonic Pelvic Floor Dysfunction

- Hypotonic pelvic floor dysfunction occurs when the pelvic floor muscles are weak or lack proper tone.

Causes:

- Childbirth
- Aging
- Hormonal changes
- Sedentary lifestyle
- Chronic constipation

Symptoms:

- Urinary or fecal incontinence
- Pelvic organ prolapse
- Sensation of heaviness in the pelvis
- Lack of sensation during intercourse
- Difficulty initiating or maintaining urination

Hypotonic Pelvic Floor Dysfunction

- Hypotonic pelvic floor dysfunction occurs when the pelvic floor muscles are weak or lack proper tone.

Treatment options:

- Pelvic floor muscle exercises (Kegels)
- Electrical stimulation: Low-intensity electrical currents to stimulate muscle contractions (Emsella Chair)
- Biofeedback: Visual or auditory cues to enhance muscle activation
- Vaginal cones or weights: Devices inserted into the vagina to provide resistance during exercises
- Pessaries: Supportive devices inserted into the vagina to relieve symptoms of prolapse



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Yoga – Breathwork, Poses, Movement

Hypertonic Pelvic Floor -

- Happy Baby Pose
- Modified Happy Baby Pose
- Reclined Bound Angle Pose
- Internal Hip Rotation
- Reclining Big Toe Pose
- Ankle to Knee
- Wide legged standing forward bend
- Supported Bridge
- Legs on Chair - restorative
- Diaphragmatic Breathing

Hypotonic Pelvic Floor -

- Thunderbolt pose
- Cat / Cow
- Plank
- Mountain pose with block
- Dynamic chair
- Warrior 2
- Triangle pose
- Extended side angle
- Legs up the wall
- Diaphragmatic Breathing