

Your access to pelvic floor training with pelvina daily

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Guide to pelvic floor bones and muscles

Get to know your pelvic floor better and improve your perception.

The pelvic floor consists of three muscle layers that lie fan-like on top of each other in the small lower pelvis (image 1).¹

The pelvic floor layers

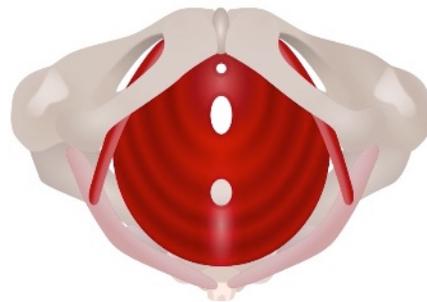
Image 1) The pelvic floor layers

Women have 3 openings:

- For the rectum, urethra and vagina
- The thickness of a palm

3 sections:

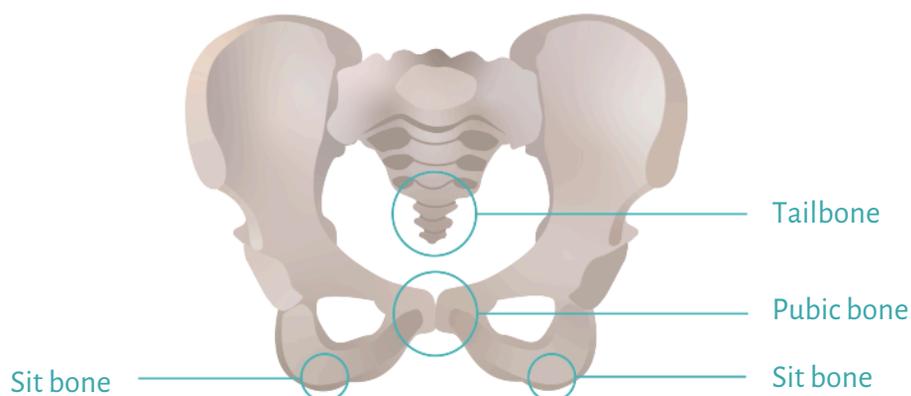
- outer, intermediate and inner pelvic floor layer



The **lesser pelvis** is the area between your tailbone, pubic bone and the two sit bones (images 2 & 3). It's relatively easy to feel these bony structures. This will help you to better visualize the pelvic floor.

View of the pelvis from the front

Image 2) View of the pelvis from the front

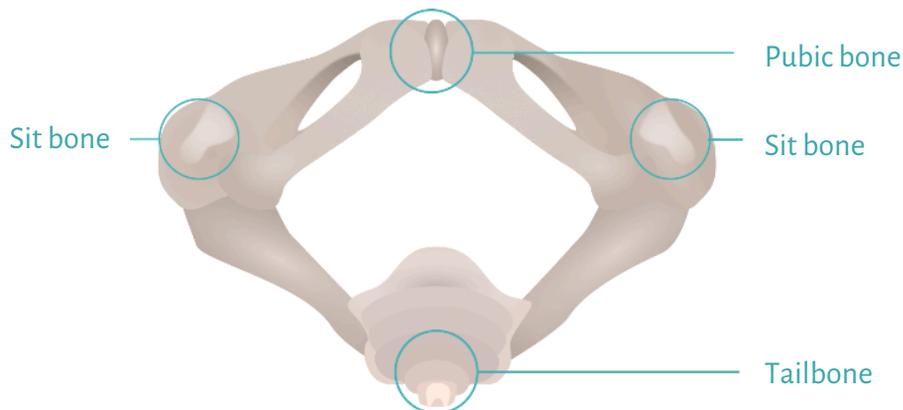


Recommended literature:

¹Carrière, B. (2012). Beckenboden: Physiotherapie und Training [Pelvic floor: Physiotherapy and Training] (2nd edition). Stuttgart: Georg Thieme Verlag.

View of the pelvis from below

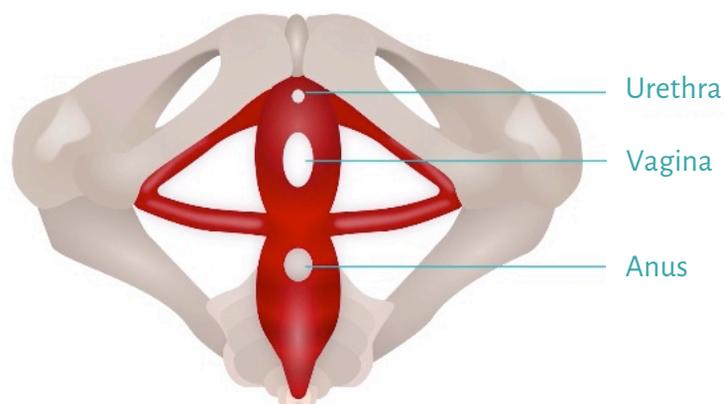
Image 3) View of the pelvis from below



The openings for the rectum, urethra and vagina lead through the muscle plate. All three muscle layers are roughly the thickness of the palm of your hand and consist of the following parts: outer pelvic floor layer, intermediate pelvic floor layer, inner pelvic floor layer.²

Outer pelvic floor layer

Image 4) Outer pelvic floor layer



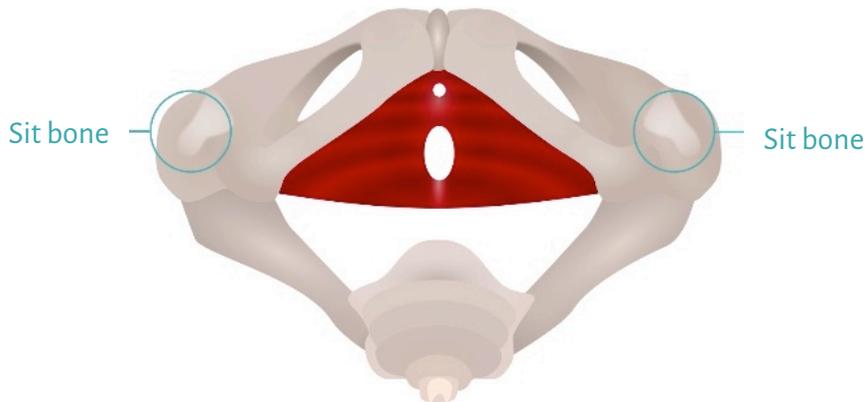
The muscle strands of the **outer layer** cross like an eight and surround the sphincter muscles of the anus and the urethra. In women, the strands also lead once around the vagina and in men once around the base of the penis (Image 4).

Recommended literature:

²Klein, M. (2013). Beckenboden - deine geheime Kraft [Pelvic floor - Your Secret Power] (2nd edition). Frankfurt am Main: Mabuse-Verlag.

Intermediate pelvic floor layer

Image 5) Intermediate pelvic floor layer

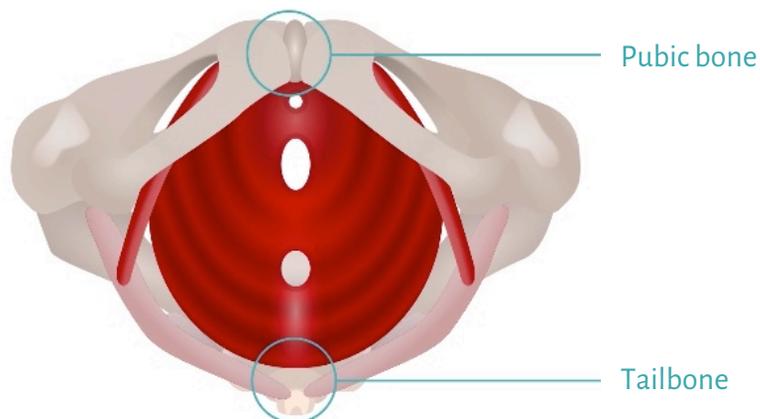


The muscular strands of the **intermediate layer** lie between the two sit bones below the bladder (image 5).

The **inner layer** of the pelvic floor stretches between the anterior pubic bone and the posterior tailbone (image 6) This layer is the strongest of all the pelvic floor layers. It holds the organs in the abdomen and has the greatest influence on our posture.³

Inner pelvic floor layer

Image 6) Inner pelvic floor layer



Recommended literature:

³Bopp, A. & Kitchenham, S. (2001). Beckenbodentraining. (Pelvic Floor Training.) Stuttgart: Georg Thieme Verlag.

Your access to pelvic floor training

Warmup: The pelvic rotation



Image 7) Push the upper body and arm to the side



Image 8) Put your foot on the floor and rotate

Stand with your feet hip-width apart and rest your hands on your hips. Tilt your pelvis forward and back 8 times. Briefly relax everything and then rotate your pelvis. After 8 repetitions, change direction and rotate your pelvis another 8 times. Take a wide stance, turn your feet out slightly and bend your knees. Extend your arms to the side with your thumbs pointing towards the ceiling.

Keeping a straight line, reach one arm out to the side and let your body follow. Then to the other side (image 7). Repeat this movement 8 times on each side. Relax everything for a moment and put your hands on your hips. Now put your right foot on the ground and rotate it 5 times (image 8). Finally, rotate your left foot 5 times.

Introduction: Feeling the pelvis

The pelvic floor hangs like a hammock between a bony zone: the sit bones, the symphysis and the sacrum. The tension of the pelvic floor depends on the breathing. When inhaling, it descends, when exhaling it rises. For this reason, pelvic floor exercises are combined with breathing exercises.

Exercise: Feeling the pelvis

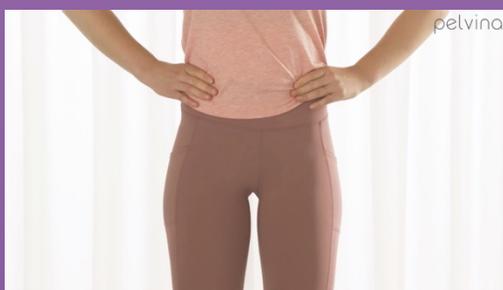


Image 9) Feeling the pelvic wings



Image 10) Feeling the symphysis and sacrum

Stand hip-width apart and feel the pelvic wings (image 9), the two sit bones, the symphysis and your sacrum (image 10). Remember, your pelvic floor spans the area inside the bony pelvis like a hammock. Next, you'll link your breathing to the pelvic floor. Imagine your pelvic floor moving up as you exhale and down as you inhale. Inhale and exhale several times.

Exercise: Thoracic breathing



Image 11) Feeling abdominal breathing

You are lying on your back. Your head is on a pillow. One leg at a time, bend your knees and put your feet slowly flat on the floor. Feel your pubic bone again and feel the weight on your sacrum. Place your hands on your pelvic crest. **Close your eyes**, and visualize how your pelvic floor is connected to the bones in the lesser pelvis area.

Place one hand on your stomach and one on your sternum (image 11). Feel how your belly rises up while taking a deep breath in 5 times. **Focus** again on how your belly moves, and picture your pelvic floor pushing down with each inhale, and coming up again with each exhale. Then, open your eyes and place your hands on the floor at your sides.

Introduction: Activating the pelvic floor layers



You have 3 superimposed pelvic floor layers: an outer, an intermediate and an inner pelvic floor layer.

- The **outer layer of the pelvic floor** closes the vagina and urethra. You can control this by imagining that you want to close the urethra, then the vagina.
- The **intermediate pelvic floor layer** lies between the two sit bones. You can activate this layer by pulling your two sit bones together and bringing them closer together.
- The **inner layer of the pelvic floor** lies between the pubic and tailbone. Imagine that the tailbone and pubic bone meet in the middle and pull up your perineum.

Please note when practicing:

- Do not tense the gluteal muscles or the adductors when activating individual pelvic floor layers



Exercise: Activating the pelvic floor layers



Image 12) Starting position

Lie down on your back with your head on a pillow. Now bend your knees. Put your hands on your stomach and close your eyes (image 12). Focus on your breathing.

Activate the outer pelvic floor layer. Imagine that you want to contract your urethra, and then your vagina. Try to combine the controlling of the outer layer with 5 breaths: Inhale – the pelvic floor is relaxed. Exhale – contract the urethra and vagina.

To activate the intermediate pelvic floor layer, picture using your pelvic floor muscles to pull your sit bones together, bringing them closer to each other. Once you feel that you're doing the exercise correctly, try to combine controlling the intermediate pelvic floor layer with 5 breaths: Inhale – the pelvic floor is relaxed. Exhale – pull the sit bones together.

To activate the inner layer, picture your tailbone and pubic bone coming together in the middle and pulling up your perineum. Try combining the activation with 5 breaths: Inhale – pelvic floor is relaxed. Exhale – bring the pubic bone and tailbone together and pull up the perineum.

Cool down: Knee swing



Image 13) Pull your legs up to your stomach and put your hands on your knees



Image 14) Extend your arms above your head and stretch them as if you were picking apples from a tree

You are lying relaxed on your back. Your knees are bent. One at a time, bring your knees up to your belly and place your hands on your knees (image 13). Rock from right to left. Now make circles with your knees (3x counterclockwise / 3x clockwise). One after the other, straighten your legs and rest your arms at your sides again.

Take time to notice where in your body you feel your weight. What position is your pelvis in? Which parts of your body are not touching the floor? Close your eyes. Place your hands on your belly and take a few deep breaths. Where does your belly move to, does the pressure on the floor change when you take a deep breath? Now you extend both arms over your head and stretch – as if you were picking apples from a tree (image 14). Then put your hands back on your stomach and stay like that for a while.

Background information on the exercises in pelvina daily

This will make the exercises easier for you

Explanation: Soft pelvic swing



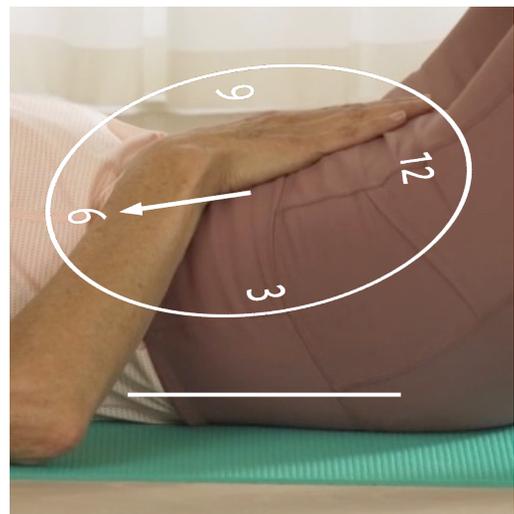
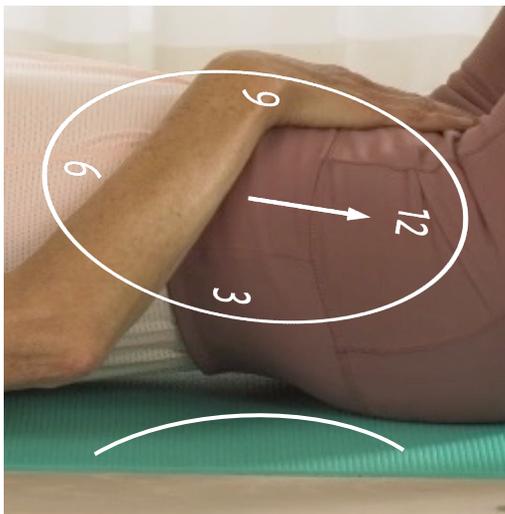
Image 1) Pointer to the 6, slightly hollow back



Image 2) Pointer to the 12, the lumbar area is in contact with the floor

Place one hand on your lower abdomen below your belly button. Put your fingers on the pubic bone. This is the part of your pelvis that's furthest forward.

Now imagine that your **tailbone is a pointer** that either points to **6**, which creates a hollow back (image 1), or to **12**, your back comes back down towards the floor (image 2). Try to rock back and forth slowly and feel the movement in your back and lower abdomen.



Please note when practicing:

- The gluteal muscles remain relaxed
- During the exercise, inhale and exhale easily without holding your breath



Background information on the exercises in pelvina daily

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Explanation: lip brake and speech sounds "P-T-K"

Explosive sounds such as "P-T-K" lead to a brief **reactive tension** of the pelvic floor, which, even with a healthy pelvic floor, involuntarily occurs when pressure increases in the abdomen, e.g. happens when coughing / sneezing.

The explosive **phonic exhalation** helps to stimulate pelvic floor-abdominal muscle synergism, i.e. the cooperation between the pelvic floor and the abdominal muscles. The more powerful the explosive speech breath, the more effective the reactions of the muscles.

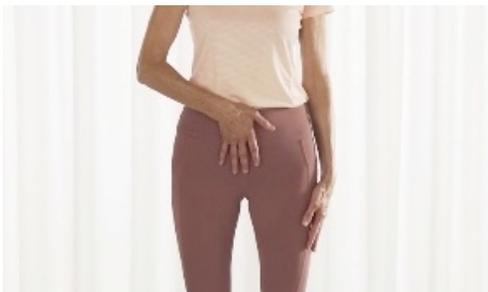


Image 1) Middle finger above the pubic bone

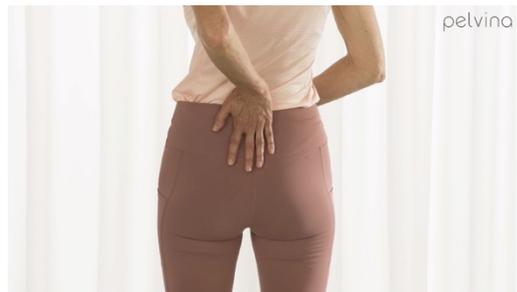


Image 2) Other middle finger on the base of the tailbone

Stand with your feet hip-width apart and place one hand flat above the pubic bone, with your middle finger in the center (image 1). Place your other hand flat at the base of the tailbone with your middle finger centered where the buttock fold begins (image 2).

Now activate your pelvic floor muscles while you exhale – without holding your breath and without tensing your glutes. Hold that tension for 10 seconds. Feel the tension underneath your fingers. Afterwards, slowly relax the pelvic floor muscles again. Relax your hands.

Exhale slowly using the **lip brake** and notice the changes in your body. For the so-called **lip brake**, place your lips loosely on top of each other and point your mouth slightly as if wanting to whistle softly. Exhale as long as you can against your lips, which are only slightly open. You will feel the change in tension under your fingers and around the pelvic floor.

Inhale – relax your pelvic floor.

Exhale through the lip brake or speech sounds "P-T-K" - the pelvic floor reacts

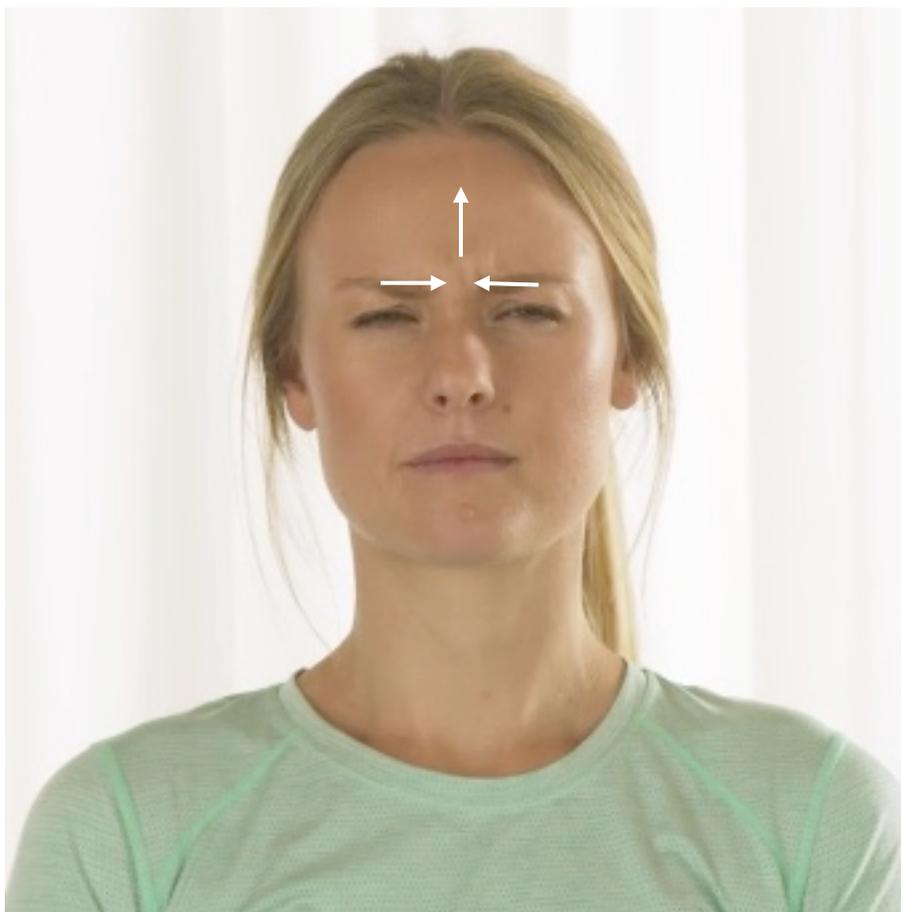


Now say "P", "T", and "K" as you exhale. Really notice the change in tension under your fingers and around the pelvic floor. Now place your middle fingers on your pubic and tailbone again and say "P-T-K" loudly and clearly while exhaling. Can you feel your pelvic floor reacting?

Background information on the exercises in pelvina daily

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Explanation: reflex points



The bottom layer of the pelvic floor has a reflex point, which is located between your eyebrows. You will now learn how this is linked exactly. Be curious!

Sit upright on a stool or sturdy chair so that your weight is evenly distributed on both sit bones. Let's go:

1. Screw up your eyes
2. Pull your eyebrows together
3. Frown.

Notice how your pelvic floor tenses up at the same time. Release the tension in your face after 5 seconds – feel how the tension in your pelvic floor releases, too. Repeat this “activation of the reflex point” a few times and notice how each time “something moves below”. Please don't despair if it doesn't work right away, that's normal. Take your time and allow yourself to rest while practicing.

Mandalas to color in for the little ones
so that you may exercise in peace

