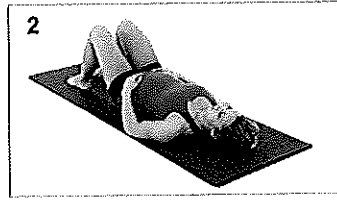
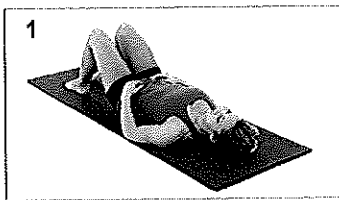


Supine Diaphragmatic Breathing

DAILY: 1-2

WEEKLY: 7



Meditation for stress relief and relaxation. Listen to relaxing music. Try to do for 10 minutes per day. Also think about relaxation and gentle lowering of pelvic floor as you breath out (downtraining) App: Insight timer if you need music or timer when relaxing

Setup

Begin lying on your back with your knees bent and feet resting on the floor.

Movement

Exhale, drawing in your abdominals as if you are pulling your belly button toward the floor, then inhale, focusing on expanding your belly instead of your chest.

Tip

Make sure to keep your low back flat on the ground during the exercise.

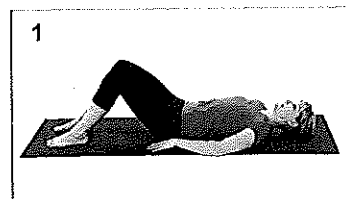
Supine Pelvic Floor Contract and Release

REPS: 10

SETS: 2

DAILY: 2-3

WEEKLY: 7



Try not to contract pelvic floor, breath in, then focus on lowering elevator (downtraining)

Setup

Begin lying on your back with your legs bent and feet resting on the ground.

Movement

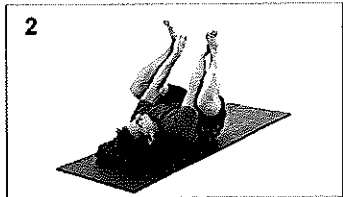
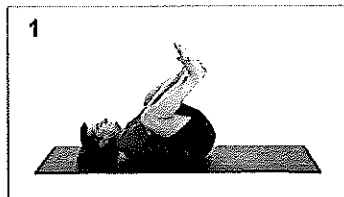
Contract your pelvic floor muscles and then relax, and repeat.

Tip

Make sure you allow enough time to let the pelvic floor muscles release after the contraction.

Supine Pelvic Floor Stretch

REPS: 5	SETS: 1	HOLD: 20	DAILY: 1-2
WEEKLY: 7			



Setup

Begin lying on your back with your legs bent and feet resting on the ground.

Movement

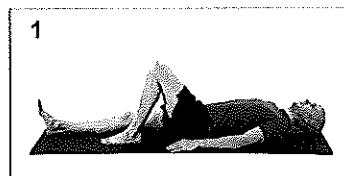
Lift your legs off the ground with your knees bent and let them fall outward, relaxing your pelvic floor muscles.

Tip

Make sure to continue breathing evenly. This should be a gentle stretch.

Supine Single Knee to Chest Stretch

REPS: 5	SETS: 1	HOLD: 20	DAILY: 1-2
WEEKLY: 7			



Setup

Begin lying on your back with your legs straight.

Movement

Using your hands, slowly pull one knee toward your chest until you feel a gentle stretch in your lower back.

Tip

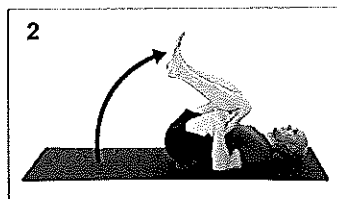
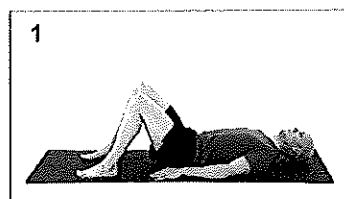
Make sure to keep your back relaxed and flat on the ground during the stretch.

Make sure you are breathing

Make sure pelvic floor is relaxed

Supine Double Knee to Chest

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup

Begin lying on your back with your knees bent and feet resting flat on the floor.

Movement

Using your hands, slowly pull your knees toward your chest until you feel a gentle stretch in your lower back.

Tip

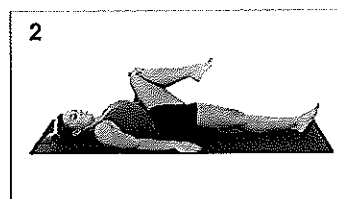
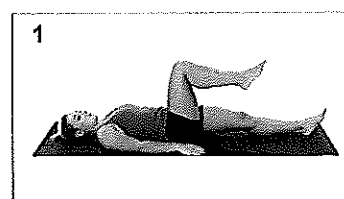
Make sure to keep your back relaxed during the stretch.

Make sure you are breathing throughout the stretch

Make sure your pelvic floor is relaxed

Supine Piriformis Stretch with Leg Straight

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup

Begin by lying on your back with your legs straight.

Movement

Bring one leg up toward your opposite shoulder, grabbing the outside of your knee with your hand, until you feel a stretch in your buttocks.

Tip

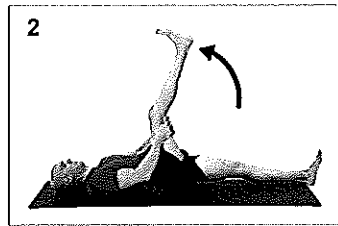
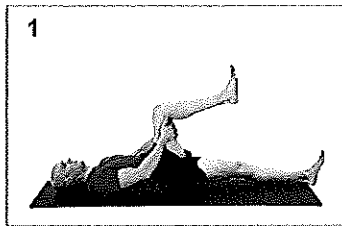
Make sure to keep your low back flat against the floor and do not allow your trunk to twist during the stretch.

Make sure you are breathing throughout the stretch

Make sure your pelvic floor is relaxed

Supine Hamstring Stretch

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup

Begin lying on your back with one leg straight and the other leg bent.

Movement

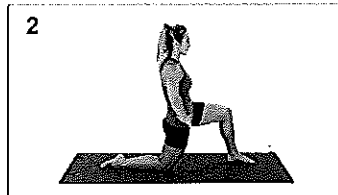
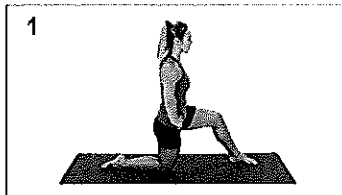
Bring your knee toward your chest and grab the back of your thigh with both hands. Slowly straighten your knee until you feel a stretch in the back of your thigh and hold.

Tip

Make sure to keep your back flat on the floor during the stretch.

Half Kneeling Hip Flexor Stretch

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup

Begin in a half kneeling position with one knee bent in front of your body.

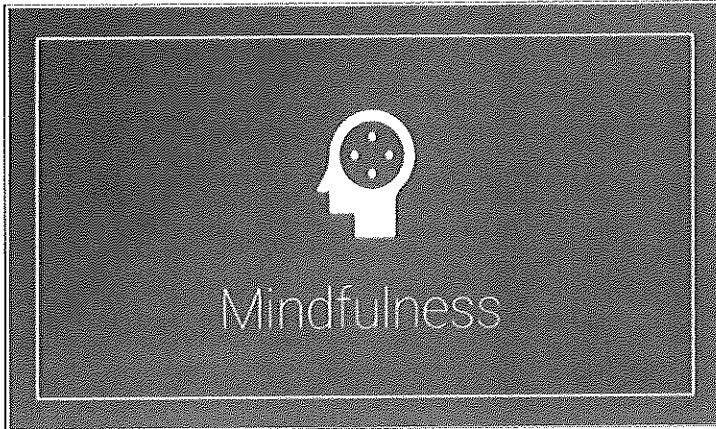
Movement

Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

Tip

Make sure to keep your hips facing forward and back straight during the exercise.

Treating Persistent Pain Without Medications: Mindfulness



Education Image



Education Image

Michael's goal with mindfulness meditation is, "to learn to separate myself from that pain, so that I can focus on whatever moment I'm in. I can't say it's an easy process, but if I can train my brain slowly to not fear the future as much and to focus on things that are either in the present or unrelated to pain, that'd be really cool."

Pain medicines only reduce pain by about 30% on average. Therefore, including multiple treatment approaches in your routine can help you find as much relief as possible.

Mindfulness is the act of intentionally focusing on the present moment.

When you're in pain, this can be difficult to do. It's normal to feel tense, sore, frustrated, or to have negative thoughts such as, "This is horrible," or "I hate this." But these negative reactions can actually make your pain worse.

That's because there are two components to pain: 1. The unpleasant physical sensation and 2. Your reaction to it

You can't control the sensation of pain. But you can control your reactions to pain sensations.

This is where mindfulness can help. Mindfulness helps you separate yourself from your negative thoughts, feelings, and sensations so you can relate to your pain differently. The goal is to approach your experiences with openness, curiosity, and acceptance.

Practicing mindfulness means switching out of autopilot and purposefully paying attention to your surroundings, thoughts, feelings, and sensations without judgment - including paying attention to your pain.

There are both formal and informal ways to practice mindfulness.

Formal mindfulness meditation involves setting aside time to focus your awareness on one thing.



Disclaimer: This program provides exercises related to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your health care provider.

a sensory experience. Even when you're determined to keep your attention focused, it's normal for your mind to wander off. When this happens, simply notice that your mind has wandered. Then gently return your attention to your point of focus. Avoid judging or criticizing yourself. Just observe and accept your experience as it is without needing to change or improve it.

Try practicing formal mindfulness for 5 minutes every day, or even 1 minute to start. As it gets easier, you may wish to extend it to 10, 20 or 30 minutes.

Informal practice involves focusing on the present moment during your daily activities. You can do this with anything. For example, while eating, notice the taste, texture, and smell of your food. Or while spending time with loved ones, bring your full attention to the conversation or activity. Notice your thoughts and feelings in each moment. It takes no extra time to practice mindfulness in this way.

You can train your brain to become more mindful during everything you do and experience, including pain.

With practice, mindfulness can help:

- Reduce pain, stress, and depression
- Improve quality of life and sleep

Like any skill, mindfulness takes time to learn but it becomes easier with practice. It is more than a relaxation technique...mindfulness is an attitude toward living that can help you recognize that your thoughts, feelings, and pain do not define you.