Easy Stretches to Relax the Pelvis

These stretches are designed to loosen the muscles inside and around the pelvis.

- Take the movements to a point of increased tension but never pain.
- Hold an easy stretch for 30 seconds and breathe mindfully into your belly.
- Remember to do both left and right sides, up to three times each.
- The exercises will help most when done every day.

**Knee to Chest**

Start lying on your back with both legs straight, and relax.

Bend one knee to your chest.

*Hold an easy stretch for 30 seconds while breathing deeply into your belly.*

Repeat the stretch with other leg.

**Knee to Opposite Shoulder**

Start lying on your back with both legs straight.

Bring left knee to your chest and diagonally to your opposite shoulder.

*Hold an easy stretch for 30 seconds while breathing deeply into your belly.*

Repeat the stretch with the right leg.

**Foot and Knee Up**

Start with your feet on the floor and knees bent.

Bring your right foot to the front of your left knee.

Lift your left knee towards your chest.

*Hold an easy stretch for 30 seconds while breathing deeply into your belly.*

Repeat the stretch the opposite way with the right foot to left knee.

**Knee Over to Hand**

Start with your feet on the floor and knees bent.

Left knee comes over your body to the floor near your right hand. This can hold the knee down.

*Hold an easy stretch for 30 seconds while breathing deeply into your belly.*

Repeat the stretch the opposite way with the right knee to the floor on the left side of the body.
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**Child Pose**
Start on your hands and knees. Relax your bottom down towards your heels – your knees are wider apart; feet closer together. Your head can rest on the floor. 
*Hold an easy stretch for 30 seconds while breathing deeply into your belly.*
Repeat the stretch with other leg.

**Flat Frog**
Start lying on your back with the soles of your feet together and knees falling apart. Bring your feet comfortably close to your bottom. 
*Hold an easy stretch for 30 seconds while breathing deeply into your belly.*

**Happy Baby**
Start with your feet on the floor and knees bent. Grasp the inside of each foot – arms inside your knees. Allow your knees to widen apart. Apply gentle pressure downwards. 
*Hold an easy stretch for 30 seconds while breathing deeply into your belly.*

**Relaxed Frog**
Start with your weight on your hands and feet. Relax your bottom down between your heels. Your elbows gently push your knees apart. 
*Hold an easy stretch for 20 seconds while breathing deeply into your belly.*

*This stretch is only good for people with good knees*