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.

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.

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.

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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**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.

**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.

**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.

**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.

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