



Yoga for Pelvic Pain

Your health care provider recommends that you do certain yoga poses one or two times a day to help with pelvic pain. The yoga poses are gentle stretches that help promote muscle relaxation and decrease pain.

- Move your body slowly and gently to get into each yoga pose.
- As you do each pose, think about the intention or reason you are doing the pose.
- Focus on relaxing your pelvic floor muscles as you keep your breathing relaxed and even.
- Work toward holding a pose for 90 seconds, unless instructed otherwise.
- After holding a pose, slowly release yourself from the pose to return to the starting position.

If you have questions about the yoga poses, talk with your health care provider.

Do each pose slowly and gently as you were shown by your care provider. A pose should not cause new or increased pain. If it does, stop doing the pose right away and relax. If the pain goes away, do the pose again but do it with less speed and intensity. If the pain does not go away, contact your care provider before you do the pose again.

Happy baby

1. Lie on your back. Bring your knees toward your chest.
2. Open your knees slightly wider than your hips.
3. Keeping your arms on the inside of your knees, use your hands to hold onto the outside of your feet or ankles.
4. Bend your knees so the bottom of your feet face upward.
5. Gently pull your feet downward to lower your knees toward the surface. See Figure 1.



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Figure 1. Happy baby

Upside down pigeon

1. Lie on your back. Bend one knee.
2. Lift your other leg to carefully place your ankle against your bent knee.
3. Use your hands to grasp the back of your bent knee to gently pull it toward you. See Figure 2.
4. To get a deeper stretch, gently push your other knee away from you as you pull the bent knee toward you.
5. Do the stretch on the other side.



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Figure 2. Upside down pigeon

Modified bound angle

1. Lie on your back.
2. Bend your knees to bring the bottom of your feet together.
3. Keeping the bottom of your feet together and on the surface, slide your feet toward you. Relax your knees toward the surface. See Figure 3.
4. To get a deeper stretch, lift your legs. With straight arms, use your hands to grasp above your ankles as you keep the bottom of your feet together. See Figure 4.



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Figure 3. Modified bound angle



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Figure 4. Modified bound angle with lifted legs

Sphinx

1. Lie on your stomach. Use your hands and forearms to help lift your upper body so you face forward.
2. As you rest on your elbows and forearms, gently lift your rib cage as you press your hips downward. Keep your head and neck in line with your upper body. See Figure 5.



Figure 5. Sphinx

Cat and cow

1. Position yourself on your hands and knees so that your hands are below your shoulder and your knees are below your hips.
2. **Breathe out** as you round your back and lift your stomach to tuck your tailbone under. See Figure 6. Breathe evenly or hold your breath as you hold the pose for 10 seconds.
3. **Breathe in** as you arch your back and lower your stomach to lift your tailbone. See Figure 7. Breathe evenly or hold your breath as you hold the pose for 10 seconds.
4. An alternative is to move slowly between the cat and cow poses instead of holding each pose.



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Figure 6. Cat



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Figure 7. Cow

Child's pose

1. Position yourself on your knees.
2. Slowly lower your body to bring your chest to your thighs as you sit back onto your heels. Place your arms where they are most comfortable. See Figure 8.
3. Relax your pelvic floor. Breathe evenly and focus on feeling your stomach expand against your thighs.



Figure 8. Child's pose

This material is for your education and information only. This content does not replace medical advice, diagnosis or treatment. New medical research may change this information. If you have questions about a medical condition, always talk with your health care provider.