

Exercises for women with Chronic Pelvic Pain

Many women experience chronic pelvic pain. There can be several causes but often it involves the muscles. Tense muscles can appear in neck- and shoulder as well as in the pelvic area. It is caused by everything from poor working positions to psychological stress and diseases or skin disorders.

The pain appears typically from one side of the pelvic/abdomen but can also be felt in both sides. The pain can be felt at the bottom of the abdomen, the groin, the lumbar spine, the thighs, the tailbone and the seat knots.

The pain is described as burning, stinging or stabbing. It can be constant or periodical and/or a sudden rush of pain. There may also be pain during and after intercourse. Furthermore, the pain can be provoked in standing and sitting position and during walking and running.

The muscles around the pelvis that can cause pain are the pelvic floor muscles, the muscles at the inside of the thigh, the bottom, the hamstrings, the low back muscles, the abdominal muscles and the muscles in front of the hip. Some of these muscles passes closely by the viscera. Therefore, the muscle pain can be confused with pain from the viscera. At the same time the tense muscles can cause bloated stomach or constipation. If the tense muscles are in the upper part of the abdomen you may feel nausea.

The muscles are influenced by our general health both physical and psychological, it is therefore essential to keep in good shape by doing some kind of sport/exercise that you fancy.

YOU CAN RELIEVE THE PAIN WITH EXERCISES

The exercises are made in order to relieve muscle tension and pelvic pain. In this booklet there is a selection of exercises which are relatively easy to make yourself. If the exercises do not help, we recommend that you contact a physiotherapist with experience in pelvic pain to identify your individual needs.

Before and after doing each exercise, it is a good idea to notice how you feel in your body. Are you comfortable? Do you have muscle tension, pain, and do you feel uncomfortable- and where in your body?

Be aware that a stretch can feel uncomfortable, but it must not hurt. Exercises that repeatedly aggravate the pain you should skip. It is important that you have peaceful and quiet surroundings in order to concentrate on the exercises.

CONTACT AND MORE KNOWLEDGE

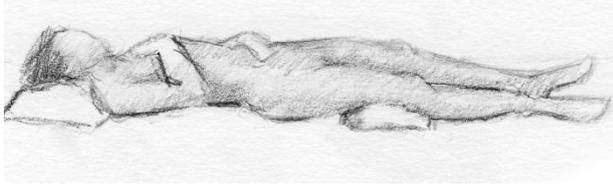
You are welcome to contact us if you have questions.



Contact

Physio- and Occupational therapy
Tel. 97 66 42 10

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Tel. 97 66 04 30 / 97 66 04 25
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og 13.00 – 15.00

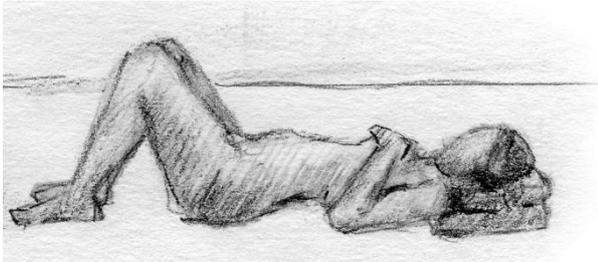


1. ABDOMINAL BREATHING

Lie on your back, if necessary, with a pillow under your knees. Put one hand on your chest and the other on your abdomen.

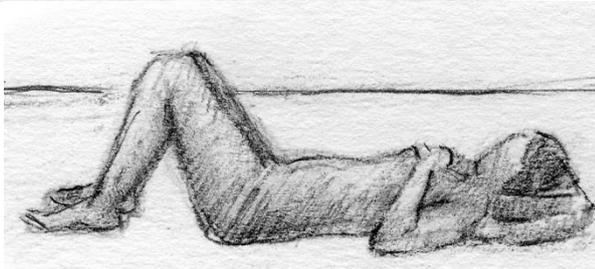
Breathe in and notice that the abdomen and the lower part of the chest are lifted. Exhale and notice that the abdomen and the lower part of the chest are lowered again. Your hands will tell you if you are breathing correctly. At first it may feel odd but gradually it will become more natural- do this for 2 to 4 minutes.

Use the abdominal breathing during the rest of the exercises.



2. STRETCH EXERCISE FOR THE LUMBAR SPINE

Lie on your back with bent legs. Tilt the pelvis so the lumbar spine touches the floor. Tilt back to the starting position with a slight lumbar twist. Repeat 10 to 20 times.





3. STRETCH EXERCISE FOR THE MUSCLES IN FRONT OF THE HIP

Stand at a chair or a table with your hands on an arm-rest or a countertop. Put the left foot up on the chair/table- right foot at the floor with the toes pointing forward. Lean forward and feel a stretch in front of the hip (in the groin-area).

- Keep the stretch for 15 to 20 seconds
- Repeat with the opposite leg
- Do the exercise 3 to 4 times with each leg



4. STRETCH EXERCISE FOR THE GLUTEAL MUSCLES

Sit on a chair with straight back. Put your right leg over your left, with your lower leg as horizontal as possible. Support/press lightly with your right hand down at your right knee.

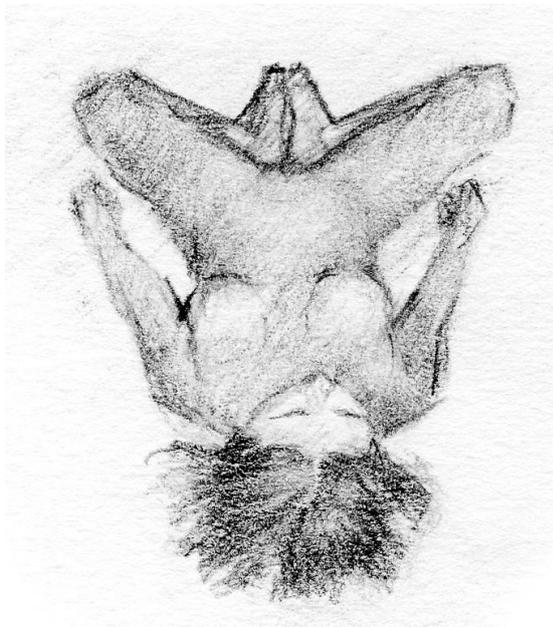
- Lean forward with a straight back and feel a stretch in your right gluteal muscle
- Keep the stretch for about 15 to 20 seconds
- Change to the opposite leg
- Do the exercise 3 to 4 times with each leg



5. STRETCH EXERCISE FOR THE HAM-STRINGS

Sit with a straight back on a chair or stool. Stretch your right leg and bent your foot up to your nose. Leave your left leg be bent, and support with your hands at the thigh.

- Lean forward with a straight back and feel the stretch behind your thigh
- Keep the stretch 15-20 seconds and change leg
- Repeat 3 to 4 times with each leg

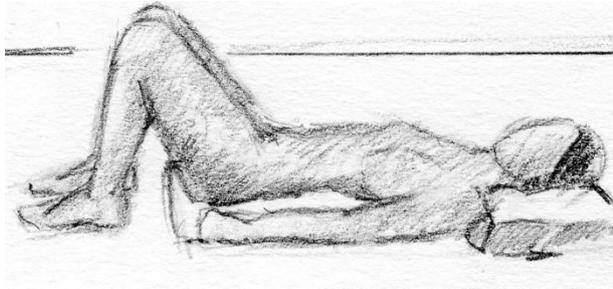


6. STRETCH EXERCISE FOR THE INNER THIGHS

Lie on your back with bent legs.

- Set the soles of your feet against each other and let your legs fall calmly out to each side
- Feel the stretch in your inner thighs
- Stay in this position for about 1 minute
- Repeat twice

If your inner thighs are very tight or/and it hurts, you can put a pillow under each leg, in order to support the legs when they fall out.



7. PELVIC FLOOR MUSCLE EXERCISE

Lie on your back with bent legs, possibly with a pillow under the seat.

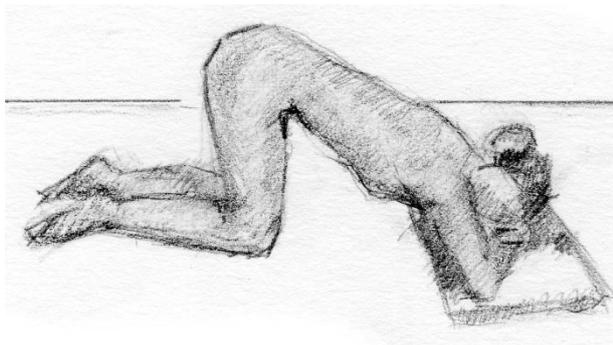
Tighten the pelvic floor by closing together around the rectum (as if you have been holding on to gut air)

Keep the muscle tension for 5 seconds and let go.

Pause for about 10 seconds

Repeat 10 times

It is important that you feel the difference between muscle tension and relaxation in the pelvic floor. The pelvic floor is often tense when you have pelvic pain. By doing so, you will get better to recognize when you are tense, and therefore also better to practice being relaxed.



8. RELAXATION EXERCISE FOR THE PELVIS

Stand on all fours with slightly spread knees and forearms. Let your head hang relaxed down possibly against a pillow. Breathe deeply and relax your pelvic floor and abdomen.

Stay in this position for 1 to 2 minutes.