

Your Pelvic Floor For A Strong Core

Summary of Key Points

Piston Breathing

Inhale
Open & Relax

.....
Exhale
Close & Gently
Lift

Alignment Optimizes Teamwork!

Is your bum tucked under? Do you have flattening of your upper glutes? Are you "rung up" with a military posture? Or are you "rung down" with more of a slump posture? Try using the passive cue we practiced of doing a "ski jump" to bring the ribcage over the pelvis. Is your breath balanced?

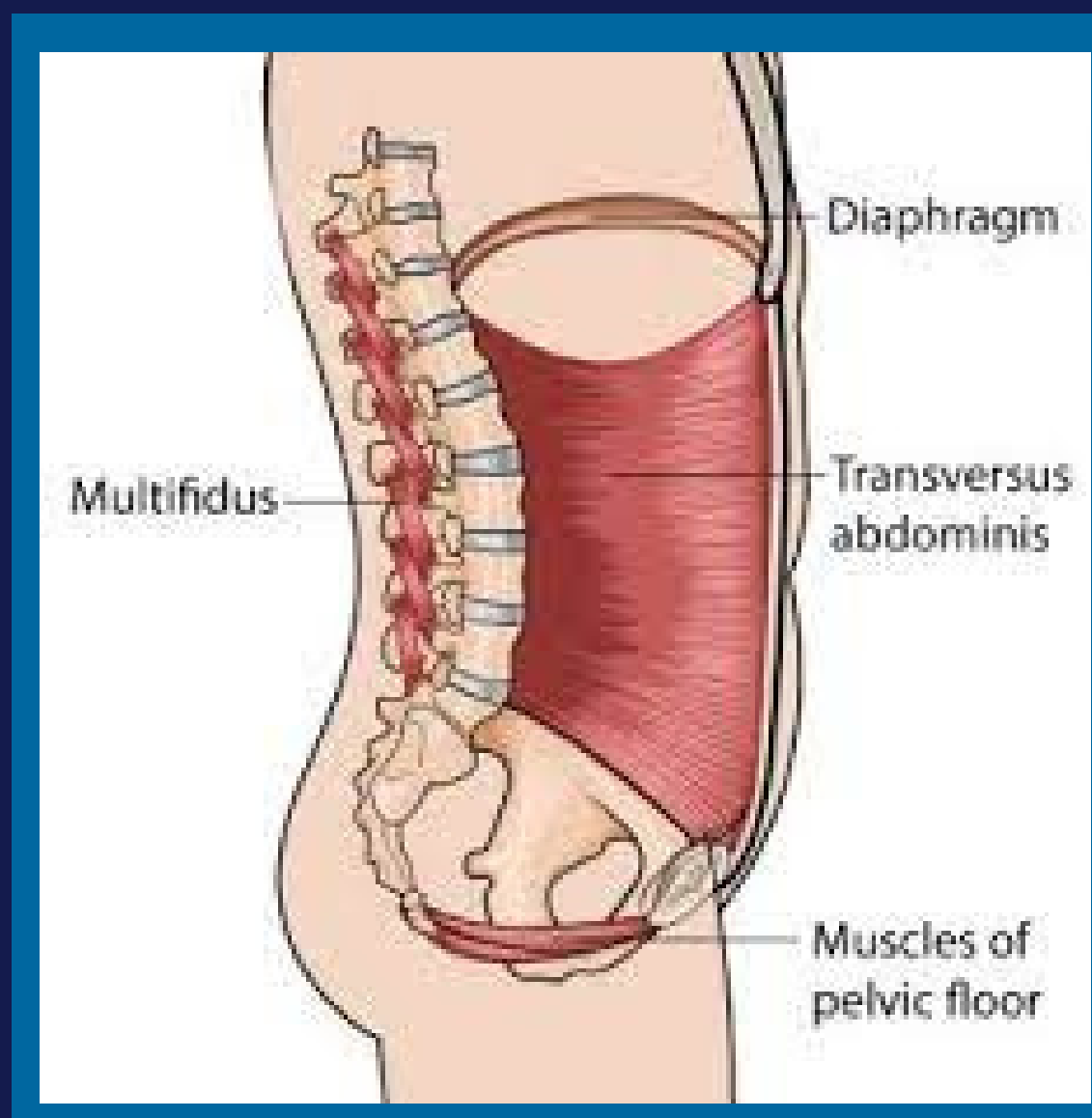
Return to running or impact

Should only be introduced at a minimum of 3 to 6 months post-partum.

&

You should also be able to pass criteria for good control*

Deep "Inner" Core



**Blow
Before
You Go**

Homework!

Signs To Watch Out For

- Pain
- Leaking
- Heaviness or Bulging in Pelvic Area
- Doming or Tenting in Abdomen

1 2 min "Ski Jump" Practice

When getting dressed in the morning stand with a side view in the mirror & assess your alignment. Practice will help your brain find a new neutral!

2 2 min Piston Breathing Practice

Lying in bed or on a yoga mat, find your neutral and practice piston breathing above.

*Refer to pages 16 - 17 of "Running Guidelines - For Medical, Health & Fitness Professionals". If these exercises result in the "signs to watch out for" you may need to be assessed by a pelvic floor specialist



Banff Sport Medicine
FOUNDATION

Better Stronger Motion



Banff Sport Medicine

Aly Walford, MScPT
walford@banffsportmed.ca
banffsportmed.ca