

# Improve your Core and Pelvic Floor - Part 2

## Goals of this Webinar:

- We are going to work on opening or spreading your ischial tuberosities.
- This will help with decreasing tightness in the posterior pelvic floor and deep hip rotators.
- We will also improve the ability to shift into each hip for better pelvic floor function.
- If you have iliacus tightness and/or quadratus lumborum tightness, you may feel a pulling and release.
- Tightness can:
  - Contribute to leaking
  - Inhibit your muscle's ability to contract, making it harder to build muscle. Working on opening and lengthening a muscle will then allow it to be able to fully contract.

## Modified Child's Pose

- Grab something to squeeze, such as a yoga block, towel roll, or pillow.
  - If you have a lot of adduction range in your pelvis/femurs, you can use the small side of the yoga block or a small towel roll.
  - If you do not have a lot of adduction range, use the wider part.
  - If you feel pinching at your hip or any discomfort, use the wider side.



- In a kneeling position, place the block a few inches from the ground and slightly above your knees.
- Tuck your toes, squeeze the block, and sit back into child's pose. You should feel your sit bones widen with this. You can also use your hands to help widen your sit bones.
- If this is comfortable for you, move your feet open just a little bit more, still squeezing the block to feel a further opening of your sit bones.
- If you feel pinching, bring your feet in and widen your block. This can be a sign you are missing true internal rotation in your hips and pelvis.



- Keep squeezing the block and shift into your hip, moving that hip back into one side of the socket by squeezing the adductor.
  - If you shift into the left leg, then you will squeeze up with the left adductor and your yoga block will shift up a bit on that side as you do this
- As you sit into your left hip, you can walk your hands to the right to help you open up your left side.
- Take a couple of breaths here, inhaling into your left hip and pelvic floor, and then a nice, long, relaxed exhale.
- Shift into your other side.
- Take note if one side feels different from the other. Was one side easier to shift into?
- Do 3 to 5 breaths on each side with the adductor squeeze and shift.
- Stand up, see how your hips feel, and test your pelvic floor contraction to see if it has improved.
- This is going to help our ability to shift through our pelvis, which creates an optimally functioning pelvic floor!