

6 TIPS FOR A STRONG CORE

AND A HAPPY, HEALTHY PELVIC FLOOR

DON'T BEND & JERK OUT OF BED

Or when getting up off the floor

DO: Roll to one side and use your arms to slowly push yourself upright to reduce stress on the abdomen and avoid pooching that can occur from abdominal fascial stretching and separation.

DON'T HOLD YOUR BREATH

When exerting yourself or exercising

DO: Focus on your exhale to release abdominal and pelvic pressure and protect your abs and pelvic floor. Try counting out loud during exercise to stay alert.

DON'T BEND AT WAIST TO LIFT ITEMS

That are heavy or bulky or low to the ground

DO: Hinge at the hips instead, releasing the rear backwards into a squat, with knees bent, and keep the load close to your body. And do not rotate your spine.

AVOID CROSSING YOUR LEGS

While sitting whenever possible

DO: Maintain proper seated posture with knees at a 90 degree angle with feet hip distance apart and flat on the floor to avoid asymmetry in the pelvis and SI joint misalignment and pain. This also increases lymph flow.

DON'T TUCK OR ARCH YOUR REAR

When standing or during everyday activities

DO: Find your neutral spine by rocking your pelvis backwards and then forwards with tailbone under several times to feel the difference. Then settle in the middle to protect your low back and surrounding areas.

DON'T SLOUCH OR HOLD TENSION

When using technology or when stressed

DO: Establish good posture with great spinal alignment throughout your day. Keep your head extended in line with your spine and shoulders relaxed with chin tucked. Release your jaw and breathe intentionally, remembering to coordinate your breath with pelvic floor activity.