

Diaphragmatic Breathing

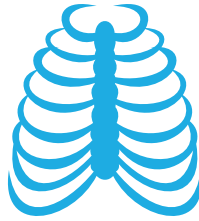
7 breathin tips to "quiet" ya pelvic floor

- ✓ D diaphragm na ya primary breathin muscle and e form d top part of d "core".
- ✓ One part wey dey key for pelvic floor muscle training, na to also sabi how to quiet or relax ya pelvic floor muscles.
- ✓ Pelvic floor muscle wey dey overactive nid to train to "let go".
- ✓ Many pipo find am difficult trying to "let go" or "relax".
- ✓ Fo each step, instead of say u dey focus on relaxing, make u focus on "DOING" d tin wey d step dey tell u to do.
- ✓ If u get pain or e dey hard, go see ya pelvic floor physiotherapist or anoda provider wey sabi.

1 Relax bodi



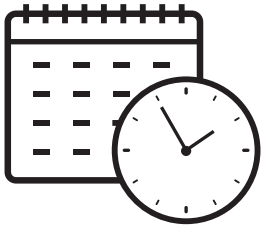
2 Hands to rib cage



Relax jaw & open mouth



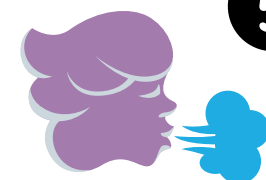
7 Practice am 5-10mins everyday and for different positions



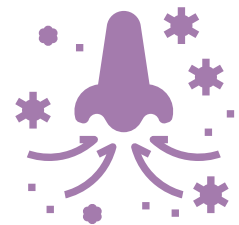
6 Practice am slow slow



Exhale with mouth
- Ribs and belle go flat
- Pelvic floor go return to rest



4 Inhale with nose
- Ribs and belle go expand
- Pelvic floor go long



3

4

5