

Explore Your Pelvic Floor & More:

Yoga Therapy and Pelvic Health

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1. Pelvic floor (PF) roles: supports pelvic organs, connects pelvis to sacrum, bladder/bowel function, reproduction, sexual function, breathing, Lumbo-pelvic & hip stability, core timing, emotional/energetic connection: Muladhara & Svadisthana Chakras.

2. Explore the Floor: awareness & anatomy of bony pelvis (landmarks) & key muscle groups. PF extends across greater trochanters; not shaped like a sling as we once thought (Hjartardittor et al, 1997).

3. Many factors influence pelvic floor muscle (PFM) health and performance:

Trauma/damage (Moalli et al 2003, Sultan et al 1994, Allen et al 1990, Nicholls et al 2004, Dietz et al 2005)

Alignment/length-tension relationship (Sapsford 2006, Grewer et al 2008)

Neuromotor timing w/ms groups working synergistically, incl respiration (Smith et al 2008, Sjodal et al 2009, Talasz et al 2011; Bordoni 2013; Dugan 2013)

Mental/emotional health (stress, anxiety/depression, fear) (Bogner 2011, Laumann 1999, Felde et al 2012, Both et al 2012, Gilbert et al 2012)

Nutrition - Integrative Pelvic Health Institute evidence based nutrition strategies for pelvic/sexual health

Hormonal - (Bhattacharjee et al 2013, Blakeman et al 2001, Lee 2009)

****Yoga can be used to address many of these factors: through all 5 Koshas: using yoga philosophy, asana, pranayama, meditation &/or other paths that suit the client's needs (karma, jnana, bhakti).**

4. Hypertonic PFM's:

Why?

Hypertonic PFM's can lead to: variety of pelvic pain dysfunctions, urinary incontinence, urinary frequency/urgency (OAB), SI joint pain, low back/hip/groin pain, constipation, IBS, sexual dysfunction (Bortolami et al 2015)

5. Kegel vs. Mula Bandha

"Case Against the Kegel": effective alternate approaches to treatment w/evidence to support (Hung et al 2010, Kim et al 2007, Barbato et al 2014, Hodges et al 2003, Stuge et al 2004, Lee 2004, **Baker 2012**)

6. Practical/Experiential Component for *Yoga Therapists*:

Reminder: "yoga therapy for the individual", not yoga therapy for the dysfunction; addressing all koshas

Pelvic Diaphragmatic Breath (PDB) Rhythm: 4 components in variety of asana:

A) observe/awareness (mirror at home)

B) release/allow

C) visualization of PD excursion w/PDB (ant/post; R/L; eccentric and concentric);

D) facilitation of PFM engagement (concentric w/exhalation)

E) movement with A - D above

Mindful Toileting: "Toilet Meditation": A - I - R - B - A - G

Methods for hypertonic PFM's:

Methods for hypotonic PFM's:

Methods for prolapse & precautions/CI's:

Resources:

[To Leak or Not to Leak: Urinary Incontinence](#) - Shelly Prosko: Yoga for Healthy Aging Blog

[Treatment of Incontinence: Physio Yoga Therapy Approach](#) - Shelly Prosko: Yoga For Healthy Aging Blog

[Organ Prolapse and Yoga](#) - Shelly Prosko: Yoga for Healthy Aging Blog

[Yoga for Incontinence & Pelvic Pain](#) DVD's - Dustienne Miller Your Pace Yoga

[Overcome Pain with Gentle Yoga](#) Online Videos & DVD's - Life is Now Neil Pearson/Shelly Prosko

Pelvic Health Physical Therapists:

American Physical Therapy Association Section on Women's Health:

<http://www.womenshealthapta.org/pt-locator/>

Canadian Physiotherapy Association Division of Women's Health:

<http://www.physiotherapy.ca/Divisions/Womens-Health>

Please feel free to contact me if you have any questions, comments or concerns or require clarification or additional resources at www.physioyoga.ca

Thank you for your time, energy, willingness/openness to receive, and love

Happy Healing,

Namaste

Shelly