

Patient information

Pelvic Stretches Sequence Sussex Pelvic Floor Service

Pelvic Stretches are helpful in alleviating conditions such as obstructive defaecation syndrome and pelvic pain. The exercises described target each muscle group of the pelvic floor by providing relaxation and lengthening of the pelvic floor muscle.

They can be easily practised at home and for a best outcome should be done daily.

Knee to Chest

Start lying on your back with both legs straight and relax.

Bend one knee to your chest.

Hold an easy stretch for 30 seconds while breathing deeply into your belly.

Repeat the stretch with other leg.



Knee to the opposite Shoulder

Start lying on your back with both legs straight.

Bring left knee to your chest and diagonally to your opposite shoulder

Hold an easy stretch for 30 seconds while breathing deeply into your belly.

Repeat the stretch with the right leg.



Foot and Knee Up

Start with your feet on the floor and knees bent.

Bring your right foot the front of your left knee.

Lift your left knee towards your chest.

Hold an easy stretch for 30 seconds while breathing deeply into your belly

Repeat the stretch the opposite way with the right foot to left knee.



Knee over to hand

Start by lying on the floor with your feet on the floor and knees bent.

Left knee comes over your body to the floor near your right hand. This can hold the knee down.

Hold an easy stretch for 30 seconds while breathing deeply into your belly.

Repeat the stretch the opposite way with right knee to the floor on the left side of the body.



Child pose

Start by kneeling on the floor, with your head leaning forward and your finger tips touching the floor.

Relax your bottom down towards your heels- your knees are wider apart; feet closer together.

Your head can rest on the floor.

Hold an easy stretch for 30 seconds while breathing deeply into your belly.



Flat frog

Start by lying on your back with the soles of your feet together and knees falling apart.

Bring your feet comfortably close to your bottom.

Hold an easy stretch for 30 seconds while breathing deeply into your belly.



Happy baby

Start with your feet on the floor and knees bent.

Grasp the inside of each foot- arms inside your knees.

Allow your knees to widen apart.

Hold an easy stretch for 30 seconds while breathing deeply into your belly.



Relaxed frog

Start with your weight on your hands and feet.
Relax your bottom down between your heels.
Your elbows gently push your knees apart.
Hold an easy stretch for 20 seconds while breathing deeply into your belly.
This stretch is only good for people without knee problems.



Useful Tips:

- Discuss with a healthcare provider if these exercises are suitable for you
- Take the movements to a point of increased tension but never pain
- Please stop any exercise that causes pain
- Remember to do both left and right sides, up to three times each

My Clinical Nurse Specialist Contact:

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Sources of information

Pelvic Pain Foundation of Australia; Rehab my patient; NHS Information; POGP

Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

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Other formats

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Tel: 0300 131 4434 Email: esh-tr.Accessibleinformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

East Sussex pelvic floor service

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