Yoga Home Exercise Program for Chronic Pelvic Pain

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Clinician's guide

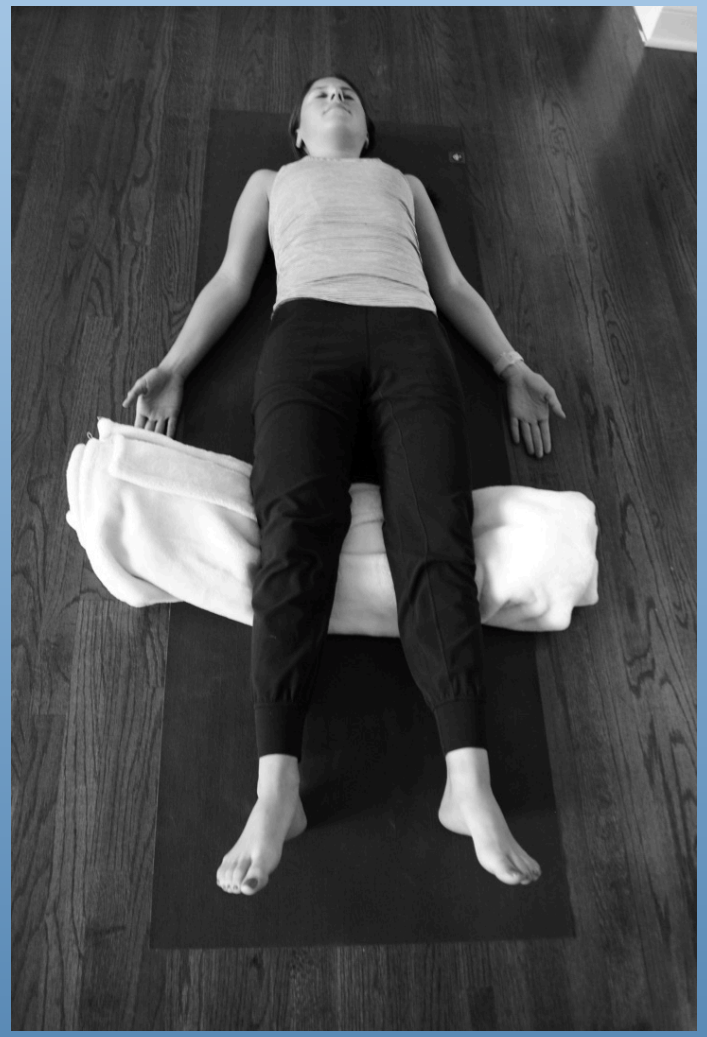
- The yoga poses used in this home exercise program are meant to be used with clients who experience pelvic pain
- Use your own clinical reasoning and history of your client to select the poses as well as the frequency and duration for each pose that is most appropriate for your client
- If the client experiences discomfort, make adjustments or discontinue the pose
- This is not a comprehensive list of poses that may be used to relieve pelvic pain
- The poses are listed from easiest to hardest

Prop substitutions

- In yoga, props are used to support parts of our bodies in poses
- You may not have these props in the clinic and your clients may not have them at home, but often other household items can be used instead
- Substitutions:
  - A thick blanket or towel instead of a yoga mat
  - Towels or sheets can be used in place of blankets
  - Sheets, gait belts, belts, ties, or scarves may be used in place of a yoga strap
  - Books or a firm folded blanket may be used instead of yoga blocks

Relaxation pose (Shavasana)

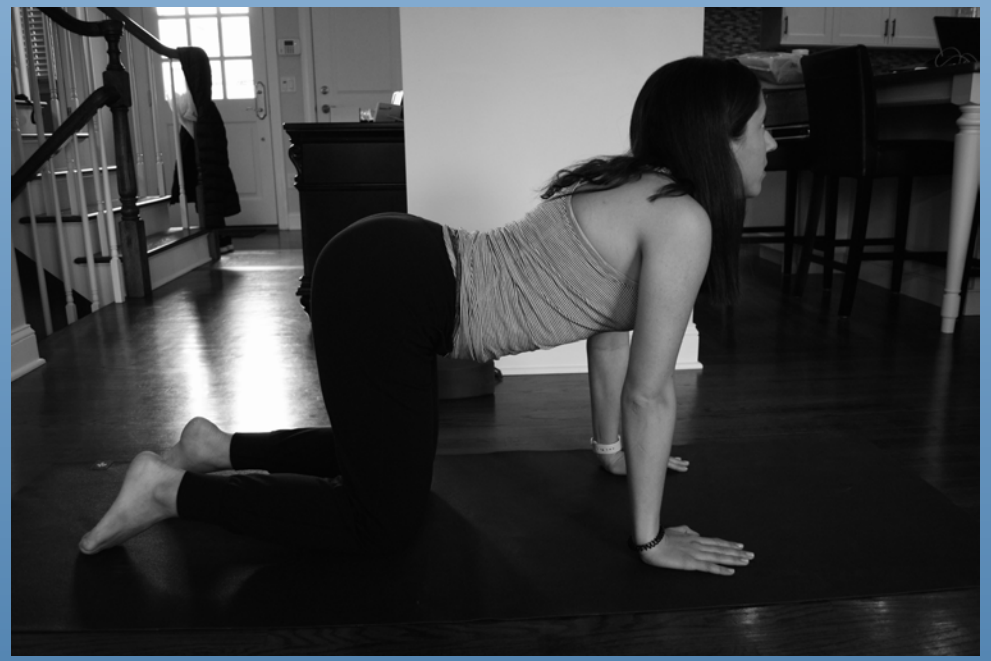
- Place your mat on a firm surface
- Sit on your mat with a rolled blanket under your knees
- Lay down on your back with your legs extended
- Place your arms relaxed by your sides



Repetitions:_____ Hold:_____ Times per day:_____

Cow

- Come to all fours on your hands and knees (tabletop) with your hands underneath your shoulders and your knees below your hips
- You may place a blanket under your knees if they are sensitive
- Cow: on your inhale lift your head and tailbone up towards the ceiling



Cat

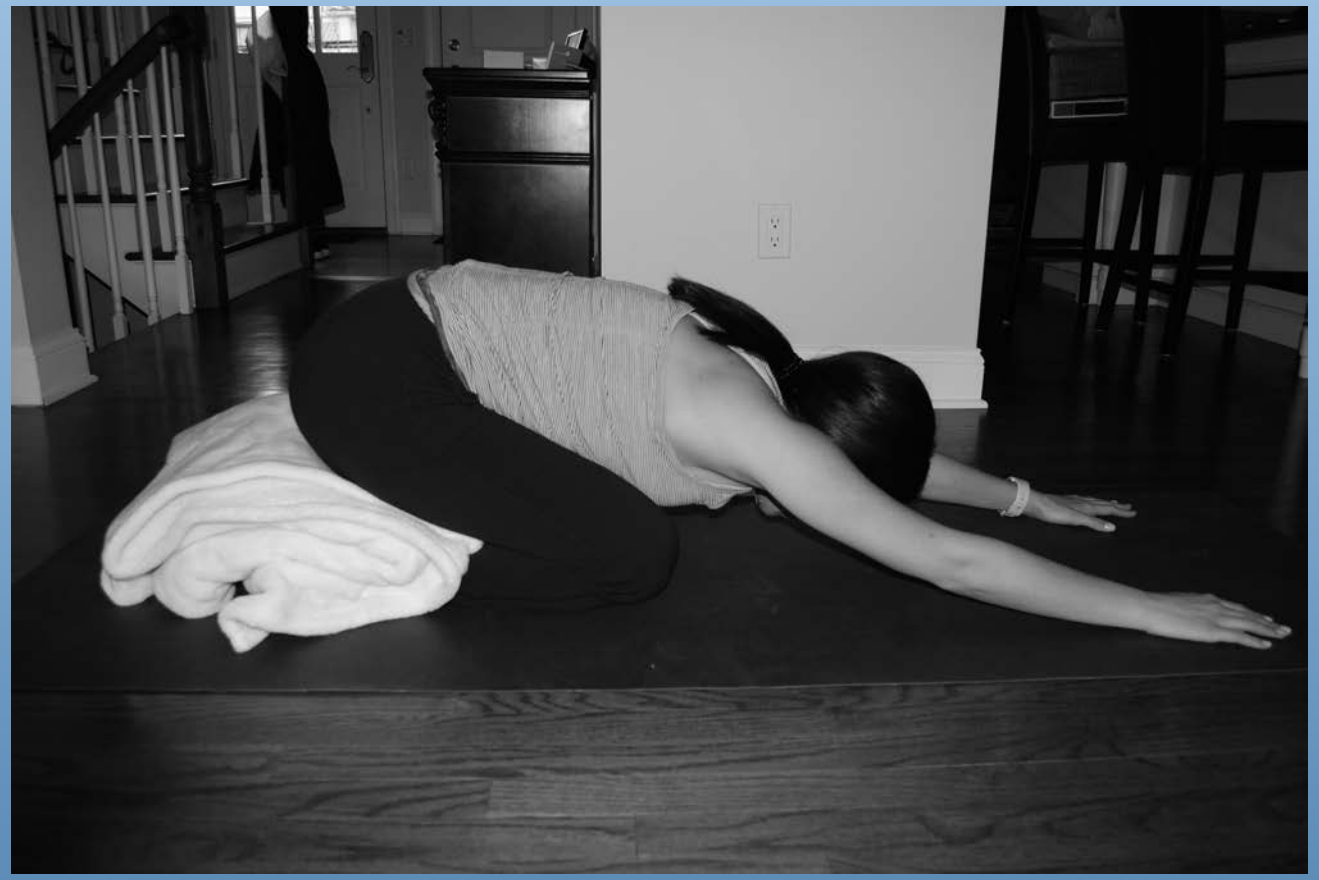
- Cat: on your exhale round your upper spine, bringing your belly button into your back, look down and tuck your hips
- Move between cat and cow



Repetitions:_____ Hold:_____ Times per day:_____

Childs pose variation (Balasana)

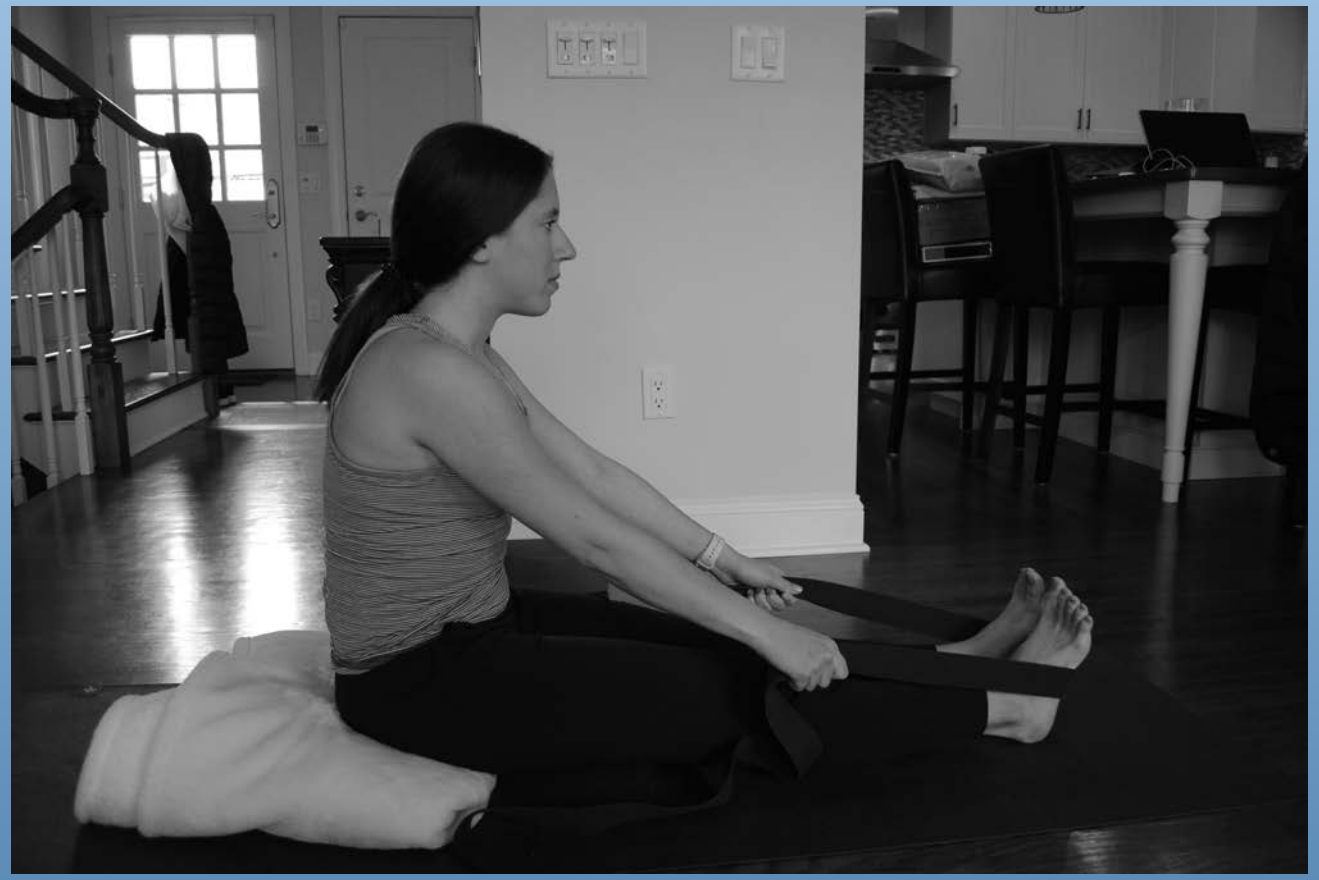
- Begin on your hands and knees
- Place a blanket over your feet so that you can sit back onto it
- Sit back and fold your chest over your knees
- Reach your arms forward and relax your head down (you may place something under your head if that is more comfortable for you)



Repetitions:_____ Hold:_____ Times per day:_____

Staff pose
(Dandasana variation)

- Sit on a folded blanket under your butt with your legs straight in front of you
- If you have flexible hamstrings and can maintain a neutral curve of your spine without the blanket you may remove it
- Feel that your weight is even between your sits bones
- Lengthen your torso up evenly
- You may use a strap or a sheet around your feet to hold onto. Bend forward at your hips maintaining a neutral spine
- Release the strap or sheet to come out of the pose



Repetitions:_____ Hold:_____ Times per day:_____

Butterfly or bound angle pose (Baddha Konasana)

- Sit with a blanket under your pelvis
- Notice if you are sitting evenly on your sits bones, if you are not pull the flesh under your sits bones to sit evenly
- Bring the soles of your feet together
- Place your hands on the edges of the blanket behind you
- Push into your hands down to lift up through your spine
- To come out of the pose bring your hands to your knees to pull your knees together



Repetitions:_____ Hold:_____ Times per day:_____

Supine hand to big toe pose variation 1 (Supta padagushthasana 1)

- Begin on your back with your knees bent and feet on the floor
- To maintain a neutral curve of your lower back (lumbar spine) there will be a small space between the floor and your low back
- Draw your right knee into your torso, hugging your right knee into your chest
- Place a strap over the ball of your right foot
- Extend your right leg to the ceiling holding onto the strap one end in each hand, flex your right foot
- If you are comfortable here stay here, if you want to go deeper extend your left leg. If your left foot is extended, flex your left foot
- Lengthen your tailbone to your heels
- To come out bend your right leg into your chest and remove the strap
- Relax your right leg to meet your left
- Repeat with left side



Repetitions:_____ Hold:_____ Times per day:_____

Supine hand to big toe pose variation 2 (Supta padagushthasana 2)

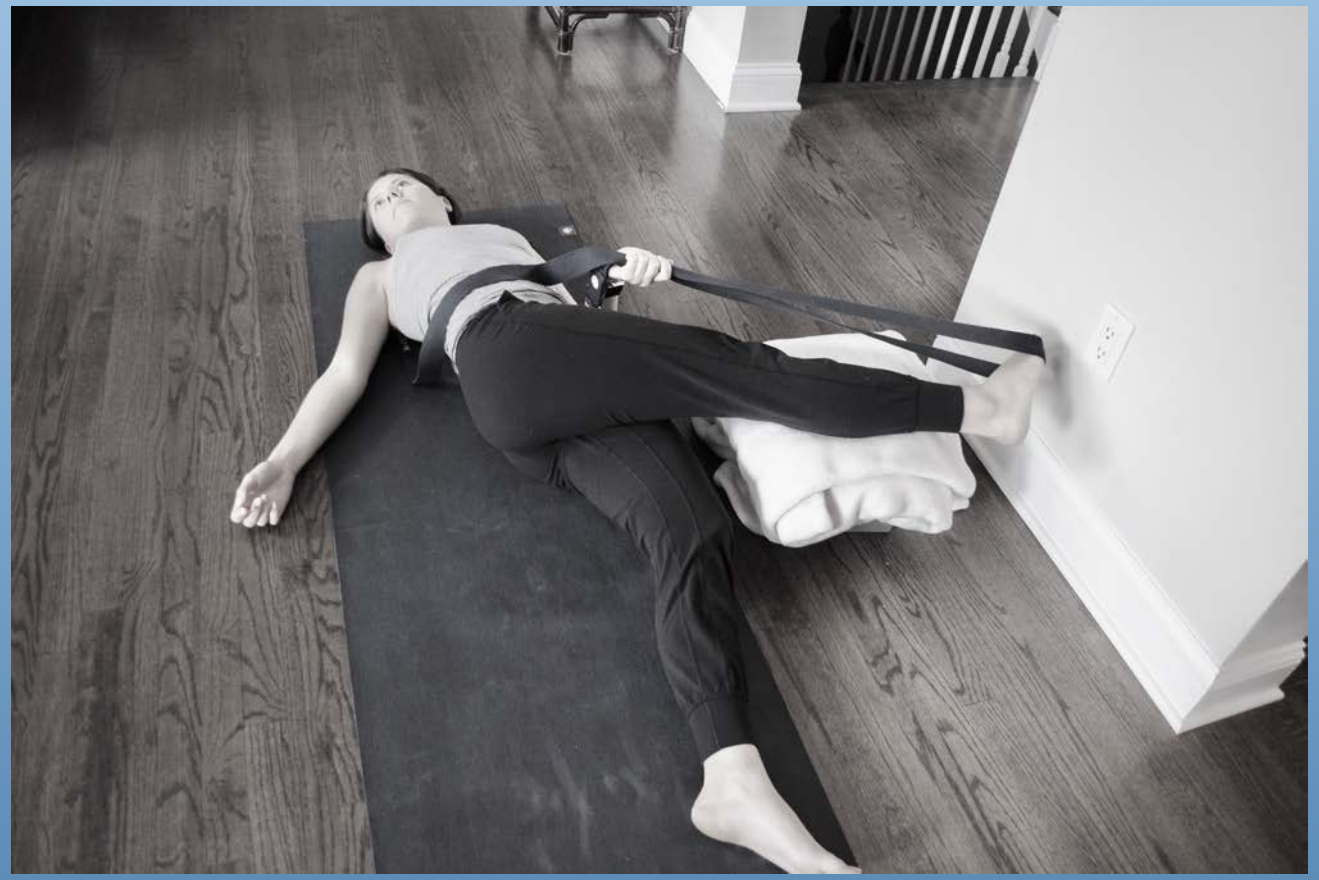
- Begin on your back with your knees bent and feet on the floor
- Place a rolled blanket tucked into your right outer hip
- Place the strap around over the ball of your right foot, flex your right foot
- Take both ends of the strap into your right hand, grabbing as close to the foot as possible
- Take your right leg out to the side. Adjust the tucked blanket as needed to provide support
- To come out bring your right leg up and then into your chest. Remove the strap
- Repeat on left side



Repetitions:_____ Hold:_____ Times per day:_____

Supine hand to big toe pose variation 3 (Supta padagushthasana 3)

- Come to sit at your mat and place a rolled blanket or block 1 legs length away from your left leg at hip level
- Extend your right leg up and place a strap on the ball of your right foot
- Hold the strap in your left hand as close to the foot as possible
- Bring your right leg over your left placing your foot on the blanket or block
- Flex through your right foot, lifting your kneecaps to keep your legs engaged
- To come out bring your right leg back to center, bring your knee to your chest, release the strap and extend your right leg to meet your left leg
- Repeat on left side



Repetitions:_____ Hold:_____ Times per day:_____

Downward dog
(Adho Mukha Savasana)

- Begin on all fours in tabletop
- Move your hands one hands distance forward
- Tuck your toes
- Push into your palms and legs to come up and back
- Keep your knees slightly bend
- Rotate your inner thighs up and back
- Push your hips up to the ceiling
- Take 5 breaths and then come down to your hands and knees



Repetitions:_____ Hold:_____ Times per day:_____

Notes:

References

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