

Do's & Dont's

- If at all possible, sit up in a good posture (see figure). A slumping posture may be responsible for 10-20% of this type of pain.
- These pains may not dissipate until you have any ongoing chronic inflammatory pelvic conditions treated. These include endometriosis, ovarian disease, prostate disease, interstitial cystitis, and urinary tract infections.



Coccygeal Re-Training Exercise

Lay down upon your stomach. Place a hand under either buttocks and exert a pressure upon your cheeks. Squeeze your cheeks together with your buttocks muscles and tighten your sphincter for 20 seconds. After the 20 second contraction relax you buttocks muscles. Repeat this exercise 3 times and then 3 times a day.



Strengthening the muscles of pelvic floor by utilizing the Kegel exercises is something that should be done once your physician has treated your pelvic pain complaints & he has given you the go ahead to start a strengthening program.

To perform the Kegel exercise you should use your muscles as if you were trying to stop urinating & having a bowel movement. Performing the squeeze upon each exhalation and then relaxing with each inhalation for a set of 10-15 cycles is a good way to exercise these muscles. Repeating this exercise 3-5 times a day is a great way to improve overall strength of the muscles of the pelvic floor in general.

Kegel Exercise

