



## *Things you can do TODAY to help manage pelvic pain prior to your therapy appointment:*

- Deep breathing
  - Take a slow, deep breath and allow your stomach to fill with air. Slowly release.
  - Do this daily for 5-10 min to manage pain.
- Quality sleep
  - Get at least 7-8 hours of sleep nightly.
  - Consistency with bedtime is best!
- Stretches (Click the links below!)
  - [Child's Pose](#)
  - [Happy Baby](#)
  - [Piriformis Stretch](#)
- Stress management
  - Life stressors can increase pelvic pain, especially after major life changes.
  - Identification of your stressors followed by healthy management of these can positively affect chronic pain.
  - Counseling is often recommended in conjunction with pelvic floor PT if appropriate.
- Daily physical activity
  - Our bodies **WANT TO MOVE** and stay active!
  - Performing daily walks and stretches can help manage chronic pain.
  - Limit prolonged periods of sitting/lying down.

**Questions? Call or text us any time: 406.969.6610**