

# Injury prevention and the pelvic floor

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**Cool down exercises;** focus on whole body movement to include mobilization of the dominant muscle and fascial patterns

- Plantar fascia roll out with tennis ball
- Standing roll downs
- Standing lateral line mobilization
- Standing front lunge with and without rotation
- Hands and knees arch and curl
- Modified downward dog

**Standing alignment;** goal to feel a diaphragmatic breath

- Aim to feel the greatest excursion of movement with breath from the lower ribcage. On an inhale the ribcage should open like an umbrella, and on an exhale the ribcage closes.
- Find a posture that gives the diaphragm an advantage; untuck the bum and lean entire body weight forward on feet

## **Stop the leak!**

Coordinate the pelvic floor with the breath to maximize bladder control. With an inhale, release the pelvic floor and abdominal wall. With an exhale, contract the pelvic floor. For further awareness, try in “ski jump” position and turning hips in.

## **Gait**

- You walk how you stand
- Lean forward and rotate the trunk; imagine walking into a headwind or blizzard.
- Find gluts and diaphragmatic breath when walking uphill. Ascent promotes the lean forward.
- Avoid excessive leaning back when walking downhill. Check in on breath!
- Practice a lunge walk with rotation

## **Running**

- Lessen heel strike to reduce a pull forward from the front of the leg, and promote a push off from the gluteals.
- Shorten stride to decrease the heel strike and reduce force of impact.
- Continue to check in on diaphragmatic breathing!

For further information, guidance or a more personalized approach to treat or prevent an injury and/or stop urinary incontinence with walking or running come visit a physical therapist at Pelvic Health. Additionally, check out [juliewiebePT.com](http://juliewiebePT.com), and access her video blogs for more conversation on the connection between alignment, movement, breathing and the pelvic floor.