

## **Exercise Prescription: Diaphragmatic Breathing with Kegel on Exhale**

### **Purpose of Exercise:**

This exercise recruits the diaphragm, core and pelvic stabilizers, and the pelvic floor. This is a great breath for reducing upper back and neck tension, creating core and pelvic stability, maintaining pelvic floor function and control, and calming the nervous system (especially during birth).

### **Frequency:**

5-10 reps, 3-5 times per day.

### **Starting Position:**

Lying on your back with your shoulders down away from your ears and your chin tucked in line with your spine.

### **Exercise Description:**

Try to minimize all movement of your chest. Initiate the breath at your belly. Inhale, fill the belly like a balloon. With your hands on each side of your lower ribs for resistance, expand the ribs out to the side and the belly fills. Find the bony bits on the front of your pelvis and sink your fingers into the soft tissue. Breathe as low as you can and fill your pelvis with air. You should feel your fingers rise or pop up. Exhale, lift the pelvic floor up, performing a kegel.

Sequence: Inhale, fill belly like a balloon, expand lower ribs out to the side, fill your pelvis with air, exhale, kegel.

Remember that some minor new pains or discomfort during the exercise are normal and expected. You are waking up muscles that you don't normally use. If the discomfort worsens with each repetition, discontinue exercise and notify your chiropractor.

### **Picture:**

