

5 Fast Fixes For Your Pelvic Floor

My pelvic floor health was not something I actually set out to fix.

When I used to run and get shin splints, my main treatment goal was fixing my shins. I didn't really think at all about the little bit I might have peed while I was belting out my 10 ks. It didn't hurt, and so it was totally under my radar. In fact, it wasn't until I started my movement certification that I clued in. Peeing when I ran was actually a serious warning sign about my pelvic floor health.

The good news, for me, is that my movement practice has entirely fixed my pelvic issues. They just happened less and less over time. Now, each time I sneeze I get a little glow of happiness that everything down there works, all by itself, perfectly. I'll never be certain exactly what fixed me, but here are three things that you can do right away to help nourish the health of your pelvic floor. Actually four things. I couldn't resist.

Fix #1 Quit Your Spinning Class And Get Off The Treadmill And Elliptical Machines.

When you spin, run on a treadmill, or climb an elliptical, you're spending a LOT of time flexing your hips. This tends to shorten and tighten the muscles at the front of your hips (aka the hip flexors).

In short, tight hip flexors make it almost impossible for you to get your leg behind your pelvis (a motion called hip extension). Which is a problem, because hip extension during walking is a KEY part of strengthening your pelvic floor muscles.

The solution? Stop biking and running on machines. Go for lots of walks instead. Ideally, walk on hilly terrain and natural surfaces, while wearing minimal shoes. Also, do some [psoas releases](#), they will help your body regain its ability to extend at the hips.

Want to learn more about walking technique? [Try this blog post.](#)

Fix #2 Shift Your Weight Back Towards Your Heels When You Stand.

99% of the people I see around me stand with their pelvis way out in front of their heels. Standing like this means shortening & tightening your pelvic floor muscles. And short, tight muscles are weak muscles.

Wanna see what I mean by shortening and tightening? Check out what happens to my butt as I move my pelvis forward....if you're always standing with your pelvis way out in front, then your pelvic floor muscles are constantly going to be help in a short position as well.

Try this simple experiment:

Stand in bare feet and close your eyes.

Check in with your feet – where do you feel the weight of your body being held?

Can you sway your weight all the way forward? Feel how your weight transfers towards your

