



4 Pillars of Core/Pelvic Health



Breathe

Breath is the foundation of core and pelvic floor muscle function. Through healthy and coordinated breath, our core muscle health can be restored and maintained. In the journey to restore core and pelvic floor health, breath will always be a part of the first steps.



Alignment

Our muscles can only work optimally when our bodies are aligned well. Poor body positioning can put muscles into excessively long or short positions which can make them extra tense or not be able to turn on at all. Factors like pregnancy or having a sitting job can result in a body that cannot easily find healthy alignment.



Coordination then Strength

Our deep core muscles need to 1st be able to coordinate together as a TEAM before we can focus on getting stronger. This includes when pelvic floor muscles are stuck in a short/tense position... we must first help them to regain normal tension/length before it is appropriate to improve strength. Repetitively tensing pelvic floor muscles alone will only lead to more leakage, pain, or pressure issues.



Hip Strength

Our hip/glute muscles are the FOUNDATION for our back, hip, knee, core, and pelvic health. Poorly activating glutes are an epidemic in chair using societies. Regaining the ability to fully access our glute muscles can help resolve back pain, hip flexor tension, pelvic floor dysfunction and core strength. Ex: pelvic floor muscles cannot function well if the glutes cannot stabilize and move the pelvis.