

**Andrew Goldstein, MD FACOG IF**

**Jill Krapf, MD MEd FACOG**

**Sarah Cigna, MD**

**Sarah Bedell, MD**

**Mollie Flint Rieff, DNP, WHNP-BC, MPH**

**The Centers for**

**Vulvovaginal Disorders**

**Washington DC**New York, NY

**www.vulvodynia.com**

Techniques for Pelvic Floor Muscle Spasm

1. Avoid prolonged sitting or standing. Lie down with a pillow under

your knees or lie on your side with a pillow between your legs.

1. Apply a warm heating pad over the pelvic floor.

-You may use an extra pair of underpants or a towel to keep it in place.

-Make sure it is warm, and NOT hot.

-You may apply this for 15 to 20 minutes at a time.

1. Practice pelvic floor relaxation:

-Create a warm, relaxing environment (may use steps 1 and 2).

-Concentrate on breathing with your diaphragm (yoga breathing).

-Visualize the pelvic floor releasing/relaxing.

1. Stress reduction

-Breathing and relaxation exercises

-Mindfulness training or apps on your phone

-Prioritize rest and sleep routines

1. Optimize your bowel regimen

-Avoid straining

-Increase fiber

-Take a stool softener consistently

-Drink plenty of water (approximately 2 Liters a day)

1. Correct your daily posture

-Avoid prolonged sitting

-Take frequent breaks to stand or walk around

-Maintain the curve in your lower back when sitting to reduce pelvic tension

-Consider a pelvic support cushion (donut cushion)

1. Exercise

-Posture exercises

-Gentle stretching of the thigh and buttocks

-Low-impact, consider water-based exercises

-Avoid intense abdominal core training, heavy lifting, high-impact exercise

*\*If you feel that your symptoms are not improving with these measures, please call the office to set up an appointment for further evaluation.*