

Tips for Reducing Pelvic Floor Pain

1. Sit on a heating pad and/or use seat warmers in your car.
2. Ibuprofen 600 mg every 8 hours, with food, for one week.
3. Deep abdominal breathing (slow, deep breaths -in through your nose and out through your mouth).
4. Soak in a warm bath.
5. Stretching exercises, hold for 15-30 seconds and repeat 3-5 times.

