

TRANQUILITY BY HEHE

Pubic Symphysis

Lightening Crotch! Is it ruining your life? Does it come and go or is it constant? Are you having shooting pain?

Here's what's happening to your body: Your baby is steadily gaining weight which puts pressure on your muscles and pelvic floor. Your body is also excreting a hormone called Relaxin. This hormone helps your muscles relax- go figure! Relaxin is a pregnancy hormone that helps your ligaments stretch and become smooth so your body can be flexible and open up for baby!

Strengthening these muscles gently can help relieve some of the pain without tightening things up too much as to interfere with the birth process. Always be mindful of your posture, too!

Shotgun

This is a stretch for Pubic Symphysis and S.I. Joint. You can do this stretch with a bolster, rolled up towel, or rolled up yoga mat. You can also do this sitting on the edge of a chair. If one hurts, try the other.



Place bolster under sacrum. Make sure Legs are at 90 degrees. Be mindful of your ankles, knees, and hips.



Hands are inside your thighs, gently press against your legs and engage your thigh muscles to press against your hands.



Hands are outside your thighs, gently press against your legs and engage your thigh muscles to press against your hands.

*Press and hold for 10 seconds. Do that three times, both inside and outside.

Psoas Release

This is a stretch for Pubic Symphysis and S.I. Joint. You can do this stretch with a bolster, rolled up towel, or rolled up yoga mat. Repeat exercise with both legs.



One leg is straight in the air, one is tucked to your chest or around your belly. Be mindful of your ankles, knees, and hips. Feet should be flexed.



Gently and slowly bring your straightened leg to the ground using your buttocks, abs, and thigh muscles (Hamstring and Adductors) to control your movement.



As your leg passes the bolster, open your hips and allow your leg to drop past your sacrum. Stay here for a few seconds and take 3 deep breaths.

Yoga Poses

Happy Baby, Child's Pose, and [Downward Facing Dog](#) are the favorite go-to's for me. Reclined Bound Angle Pose and Frog Pose work wonders for some people. Finally, Camel Pose might bring some relief.

Alternatives

Acupuncture, Chiropractic Care, Massage, and meditation are all great, but if none of those "staples" seem to do the trick, it may be time to get to a Pelvic Floor Therapist. You can also try wearing an SI Belt, but be sure you are wearing it properly. You can check out this [video](#) of where to wear your SI belt to get maximum relief.

You can also try an exercise called "Forward Leaning Inversions." Check them out [here](#). This works with gravity to temporarily lift the weight of the pregnancy from these muscles.

*Always consult your healthcare physician before introducing exercises into your routine. If any exercises cause pain, stop immediately.