



**BODY FIRST**  
WELLNESS CENTRE

2025

# Exercises to Relax and Strengthen Your Pelvic Floor

*Pilar Banag*

CALL US AT [647-951-1114](tel:647-951-1114) TO BOOK A FREE CONSULTATION

# About Pilar



## Contact Us

**Location:** 4865 Sheppard Ave E Unit - 3 & 9, Scarborough, ON M1S 3V8

**Hours:** 10am to 8pm

**Phone:** (647) 951-1114

**Website:** [bodyfirstwc.com/](http://bodyfirstwc.com/)

## Pilar Banag

Pilar Banag is a licensed physiotherapist with over **a decade of experience** dedicated to helping patients recover from musculoskeletal injuries and enhance their mobility and strength. She specializes in developing personalized treatment plans that combine therapeutic exercises, hands-on therapy, and strategies for long-term health and wellness. Recently, Pilar has expanded her expertise to include Pelvic Floor Physiotherapy, incorporating this specialized knowledge into her patient care when relevant.

With a patient-centered approach, Pilar emphasizes education, empowering clients with the knowledge and tools necessary to achieve their rehabilitation goals. Her commitment to compassionate care fosters recovery and supports patients in maintaining an active lifestyle. Outside of her practice, Pilar enjoys recreational running, experimenting with new recipes, and staying informed through health-related podcasts.

# Additional *Services*



At Body First Wellness Centre, our goal is to support your overall health and well-being.

Through a variety of complementary therapies, we aim to provide comprehensive care that meets your unique needs.

Our team offers personalized wellness plans to ensure you receive tailored solutions for your journey to optimal health. Explore the services we provide:

## ▶▶ **Acupuncture**

Support your body's natural healing process and balance energy with Traditional Chinese Medicine acupuncture.

## ▶▶ **Chiropractic Care**

Chiropractic expertise lies with spinal health enhancement, primarily using manual adjustments and non-invasive methods.

## ▶▶ **Massage Therapy**

Relieve tension, reduce stress, and promote relaxation with therapeutic massage techniques.

## ▶▶ **Osteopathy**

Improve mobility and overall function with holistic, hands-on osteopathic techniques.

## ▶▶ **Naturopathy**

Focus on supporting the body's innate ability to heal using natural therapies.

# Exercises For Pelvic Floor

If you're experiencing tension, discomfort, or pain in your pelvic floor, you're not alone! Many people hold stress in these deep muscles without realizing it. Releasing tension in the pelvic floor can improve mobility, reduce pain, and even enhance bladder and core function. In this guide, I'll walk you through simple but effective exercises to help you relax and strengthen your pelvic floor for better overall well-being.

## 01. Cat/Cow

Start on all fours with your hands aligned under your shoulders and your knees under your hips, maintaining a neutral spine.

As you exhale, slowly round your back upward, tucking your chin toward your chest and drawing your belly button in—just like an angry cat stretching (Cat Pose).



Then, as you inhale, gently lower your belly toward the ground, lifting your tailbone and opening your chest while looking slightly upward, creating a soft arch in your back (Cow Pose).

Observe how your tailbone and pubic bone move away from each other slightly during the cow position, lengthening your pelvic floor.

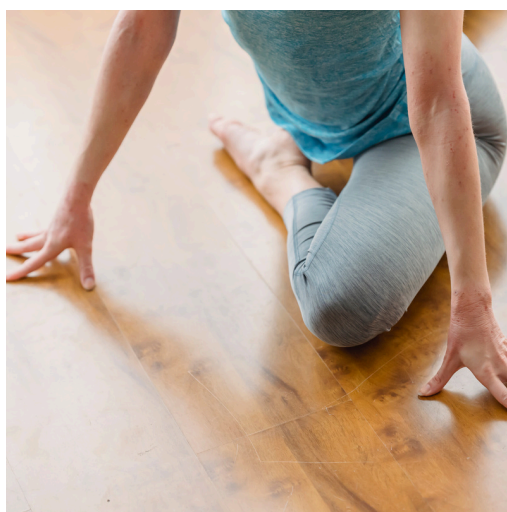
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## 02. Pigeon Pose

Begin in the same hands-and-knees position as Cat-Cow. Gently slide one knee forward toward the same-side wrist.

Then, rotate that foot toward the opposite wrist, aiming for a 90-degree angle (or as close as comfortable) while ensuring no strain on the knee.



Extend the opposite leg straight back behind you.

Keep your hips squared to avoid leaning more to one side, ensuring even weight distribution.

You should feel a deep stretch in the external rotators of the forward leg. Hold this position for 1-2 minutes, then switch sides and repeat.

# Exercises For Pelvic Floor

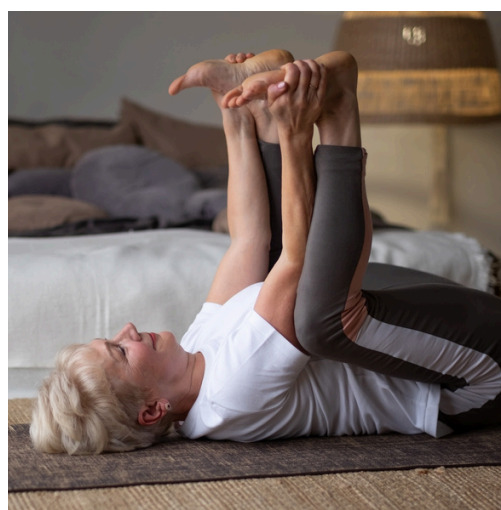
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## 03. Happy Baby Pose

Lie on your back with your knees bent and drawn toward your chest.

Reach for the outer edges of your feet, keeping your ankles stacked above your knees.

Gently pull your knees apart, allowing your hips to open while maintaining a relaxed breath.



Slowly rock side to side to massage your lower back and hips.

Hold this position for 30 seconds to 1 minute, focusing on deep, steady breathing.



# Your Next Steps

Taking care of your pelvic health is essential for mobility, comfort, and overall well-being. Incorporating these stretches into your routine can help release tension and improve function over time.

For personalized guidance and a treatment plan tailored to your needs, book an appointment with Pilar, PT at Body First Wellness Centre. Let's work together to restore balance and strength to your pelvic floor.

[Book Your Consultation Today!](#)





**BODY FIRST**  
WELLNESS CENTRE

# Start your journey to better health today!

Explore how Pilar can support your health journey with a free 15-minute consultation. Don't wait—take the first step towards better health today!

CALL US TO BOOK A 15 MINUTE  
FREE CONSULTATION

if you have any question, call us at:  (647) 951-1114

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