



Thrive in your Pregnancy  
Protect, Prepare , & Love  
Your Pelvic Floor

The Holistic Pelvis  
"The Pelvis Lady"



# At The Holistic Pelvis



**We help individuals with pelvic floor concerns find relief & reclaim their strength so they can workout, enjoy daily activities, and live without limits!**

## **Our Philosophy**

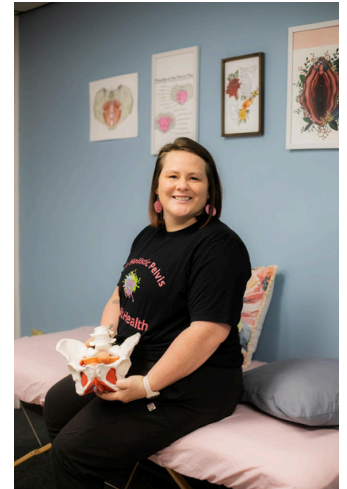
Prevention is key.

Trauma is real.

Function is the goal.

## **The Holistic Pelvis**

Durant, OK | Ada, OK | Virtual



## **MAYBE YOU HAVE NOTICED....**

### **Experiencing back & hip pain throughout your daily activities.....**

Know that this may be common, but again is not something to just push through. During this time, your body is taking on more load, more pressure; pelvic floor therapy can help you thrive, feel strong, and empowered during your pregnancy.

### **Leaking urine when you sneeze, cough, laugh, throw up from morning sickness.....**

These situations cause excess pressure to go to the pelvic floor, when you aren't connecting and coordinating your pelvic floor muscles during these situations then your pelvic floor is taking on too much pressure which can lead to pelvic floor dysfunction, such as continuing to have leaking issues, increasing risk of pelvic organ prolapse - eliminate leaking with pelvic floor therapy.

### **Waddling more as baby grows.....**

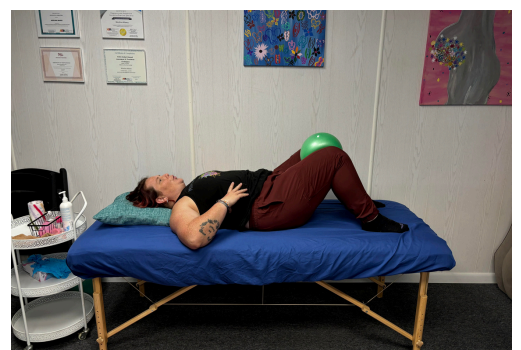
I'm sure you have heard "just wait til you walk like a penguin", this may be something "funny" many people say, and that it is common to see in a pregnant person however; this is not something to put up with! Support your body, utilize your stabilizer muscles to feel strong as baby grows!

**Book your FREE 15 minute consult and start thriving for you and baby through your pregnancy!**



## TOP 5 THINGS TO DO DURING PREGNANCY

- Improve hip and back mobility
- Stack your rib cage and pelvis to protect your back, core, and pelvic floor throughout movement and walking
- Do NOT do kegels! During pregnancy or postpartum, these can do more harm than good
- Perform perineal massage during 3rd trimester
- Practice labor positions & breathwork



## TOP 5 MYTHS I LOVE TO BREAK!

### HERE ARE THE FACTS:

- Leaking is NOT normal during pregnancy or EVER.
- Pain throughout pregnancy is NOT normal - you shouldn't be waddling everywhere!
- Do NOT do kegels! These can do more harm than good
- Exercise can be beneficial during pregnancy
- Do NOT Strain or hold your breath during pregnancy, it causing excess pressure to your pelvic floor - prevent pelvic floor issues!



## THINGS TO DO BEFORE BABY ARRIVES

- Cook meals and freeze them
- Practice labor positions
- Spend some quality time with **YOURSELF**
- **BREATHE**
- Drink water
- Stock up on essentials (toilet paper, briefs, pads)
- Treat yourself
- **REST**



## Contact us:

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