




HOME EXERCISE PROGRAM FROM LAUREN H COLLINS WELLNESS

PRESENTED BY:

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- 
- ▶ any exposure to trauma => a person is 2.7 times more likely to experience a body dysfunction vs no exposure trauma
 - ▶ psychological
 - ▶ emotional
 - ▶ physical or sexual in nature

- ▶ Afari N, et al. Psychosom Med. 2014;76:2–11

CAUSES OF TRAUMA

Injury

Infection

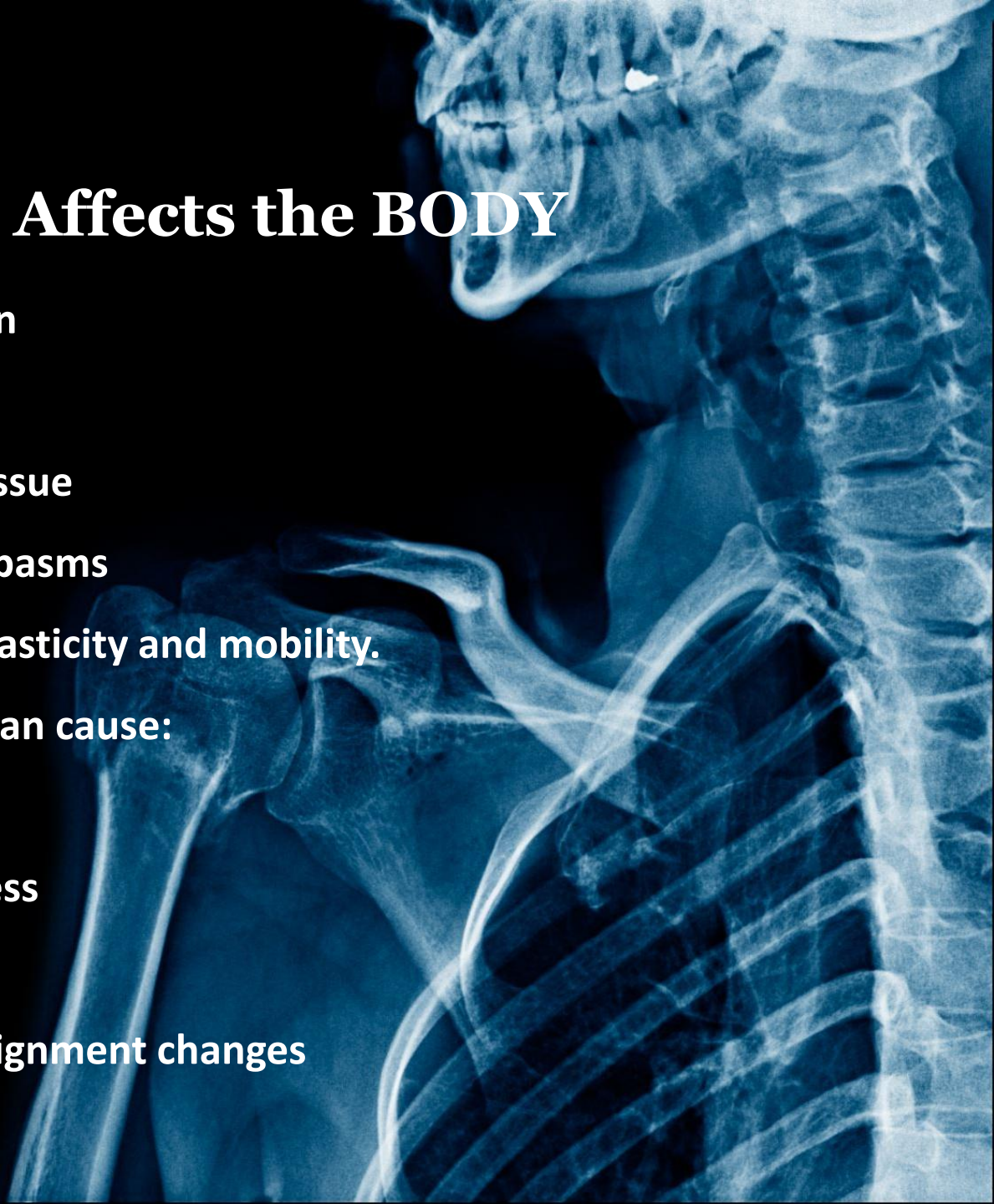
Inflammation

Surgery

Stress

How Trauma Affects the BODY

- ▶ Tissues affected can
 - ▶ thicken
 - ▶ produce scar tissue
 - ▶ cause muscle spasms
 - ▶ loose overall elasticity and mobility.
- ▶ Restricted tissues can cause:
 - ▶ pain
 - ▶ muscle weakness
 - ▶ guarding
 - ▶ postural and alignment changes



How Trauma Affects the BODY

- ▶ emotional holding patterns
- ▶ affecting posture and alignment



How Trauma Affects the body Cont.

Positive touch to the body:

- Oxytocin and Dopamine
- neurotransmitters give feelings of pleasure, self-confidence, decisiveness and connectedness

Non-positive touch to the body:

- Adrenaline and Cortisol
- sympathetic nervous system
- “fight, flight, freeze or fawn” responses

Fight, flight, freeze, fawn responses:

- Tension in the body and musculoskeletal system
- Holding patterns in the smooth muscle systems, i.e. digestive systems.

The Affect of Trauma on the Brain

PTSD IS NOT A MENTAL ILLNESS - IT IS A PSYCHOLOGICAL INJURY

HOW DOES YOUR BRAIN CHANGE WITH PTSD?



HIPPOCAMPUS SHRINKS

THIS AREA HELPS US DISTINGUISH BETWEEN PAST AND PRESENT MEMORIES



INCREASED ACTIVITY IN THE AMYGDALA

HELPS US PROCESS EMOTIONS AND IS ALSO LINKED TO FEAR RESPONSES



VENTROMEDIAL PREFRONTAL CORTEX SHRINKS

THIS REGION REGULATES NEGATIVE EMOTIONS THAT OCCUR WHEN CONFRONTED WITH SPECIFIC STIMULI

THESE CHANGES IN BRAIN CHEMISTRY ARE THE REASONS WHY ONLY TREATMENTS SUCH AS EMDR AND CBT CAN FULLY REVERSE THE EFFECTS OF PTSD.



Physical therapy roles

- 
- ▶ Physical dysfunctions can occur anywhere in the body...

Physical ailments that may occur as a result of trauma

Pain dysfunctions may include:

- ▶ Back and Hip pain
- ▶ Pelvic pain
- ▶ Constipation, leaking urine or stool
- ▶ Neck and shoulder pain
- ▶ Headaches
- ▶ Abdominal pain
- ▶ TMJ

Other physical disorders affected:

- ▶ Fibroids
- ▶ Cancers
- ▶ IBS
- ▶ Other GI disorders



Healing...

How to Help Healing: For the Survivor



AWARENESS!!!



Set on a healing journey with the intention of love of self, wherever you are at the time



Imagine yourself the way you want to be, the way you want to feel, where you want to be.



For a few minutes write down all of these things. Make a list and prioritize which part of your physical healing you want to work on first.



We can create our own health.



► The first step to healing is realizing that we hurt...Dr. Degruy. Next step...identifying ways in which you can heal.

How to Help Healing

Acknowledge

Acknowledge your feelings



Recognize

recognize that they too are a part of the healing process.



Know or find

Know or find your safe spaces



Note

Please note: The following exercises are recommendations only and are not a substitute for medical care. Please consult your physician regarding health issues and changes in an exercise or health regimen.

How to Help Healing



Healing is a multi-layer, on-going process. It takes time. It involves emotional, cognitive, spiritual and physical healing aspects.



With physical healing, avenues should be engaged in to support yourself cognitively, spiritually and emotionally as well.

How to Help Healing



Physical healing also includes:

a regular exercise program inclusive of cardiovascular exercise, 30 min 3 x a week to your tolerance

Healthy nutrition, check further with a nutritionist

Good sleeping patterns, 8 hours a night.

Reducing stress

Thought Patterns for Healing Different Dis-Eases

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Problem	Probable Cause	New Thought Pattern
Abdominal Cramps	Fear, Stopping the process.	I trust the process of life. I am safe.
Ammenorrhea: Absence of a menstrual period	Not wanting to be a woman. Dislike of the self.	I rejoice in who I am. I am a beautiful expression of life, flowering perfectly at all times.
Anorectal Bleeding	Anger and Frustration	I trust the process of life. Only right and good action is taking place in my life.
Anus See: Hemorrhoids	Releasing point. Dumping ground.	I easily and comfortably release that which I no longer need in life.
Anus pain	Guilt. Desire for punishment. Not feeling good enough.	The past is over. I choose to love and approve of myself in the now.
Bladder Problems (Cystitis)	Anxiety. Holding on to old ideas. Fear of letting go. Being pissed off.	I comfortably and easily release the old and welcome the new in my life. I am safe.
Bowels (Problems)	Represent the release of waste. Fear of letting go of the old and no longer needed.	Letting go is easy. I freely and easily release the old and joyously welcome the new.

Thought Patterns for Healing Different Dis-eases

Problem	Probable Cause	New Thought Pattern
Colon	Fear of letting go. Holding on to the past.	I easily release that which I no longer need. The past is over, and I am free.
Constipation	Refusing to release old ideas. Stuck in the past. Sometimes stinginess.	As I release the past, the new and fresh and vital enter. I allow life to flow through me.
Cyst(s)	Running the old painful movie. Nursing hurts. A false growth.	The movies of my mind are beautiful because I choose to make them so. I love me.
Dysmenorrhea Painful periods	Anger at the self. Hatred of the body or of women.	I love my body. I love myself. I love all my cycles. All is well.
Endometriosis	Insecurity, disappointment, and frustration. Replacing self-love with sugar. Blamers	I am both powerful and desirable. It's wonderful to be a woman. I love myself, and I am fulfilled.
Female Problems See: Amenorrhea, Dysmenorrhea, Fibroid Tumors, Leukorrhea, Menstrual Problems, Vaginitis	Denial of the self. Rejecting femininity. Rejection of the feminine principle.	I rejoice in my femaleness. I love being a woman. I love my body.
Fibroid Tumors and Cysts	Nursing a hurt from a partner. A blow to the feminine ego.	I release the pattern in me that attracted this experience. I create only good in my life.

Thought Patterns for Healing Different Dis-

Problem	Probable Cause	New Thought Pattern
Genitals	Represent the masculine and feminine principles.	It is safe to be who I am
Genitals -Problems	Worry about not being good enough	I rejoice in my own expression of life. I am perfect just as I am. I love and approve of myself.
Incontinence	Emotional overflow. Years of controlling the emotions	I am willing to feel. It is safe for me to express my emotions. I love myself.
Menstrual Problems	Rejection of one's femininity. Guilt, fear. Belief that the genitals are sinful or dirty.	I accept my full power as a woman and accept all my bodily processes as normal and natural. I love and approve of myself.
Ovaries	Represent point of creation. Creativity.	I am balanced in my creative flow
Pain	Guilt. Guilt always seeks punishment.	I lovingly release the past. They are free and I am free. All is well in my heart now.
Premenstrual Syndrome (PMS)	Allowing confusion to reign. Giving power to outside influences. Rejection of the feminine processes.	I now take charge of my mind and my life. I am a powerful, dynamic woman! Every part of my body functions perfectly. I love me.

Thought Patterns for Healing Different Dis-

Problem	Probable Cause	New Thought Pattern
Pubic Bone	Represents Genital Protection	My sexuality is safe
Spasms	Tightening our thoughts through fear	I release, I relax and I let go. I am safe in life
Urethritis	Angry, emotions. Being pissed off. Blame	I only create joyful experiences in my life.
Urinary Infections (Cystitis, Pyelonephritis)	Pissed off. Usually at the opposite sex or a lover. Blaming others.	I release the pattern in my consciousness that created this condition. I am willing to change. I love and approve of myself.
Vaginitis	Anger at a mate. Sexual guilt. Punishing the self.	Others mirror the love and self-approval I have for myself. I rejoice in my sexuality.
Vulva	Represents vulnerability	It is safe to be vulnerable.



Getting Started!

Self care

Meditation

Mindfulness

Relaxation

Boundary setting

Grounding

Journaling

Exercise



7 Qualities of Mindfulness

- ▶ Present moment awareness
- ▶ Fundamental kindness
- ▶ Nonjudging
- ▶ Acceptance
- ▶ Nonstriving
- ▶ Not knowing
- ▶ Letting go

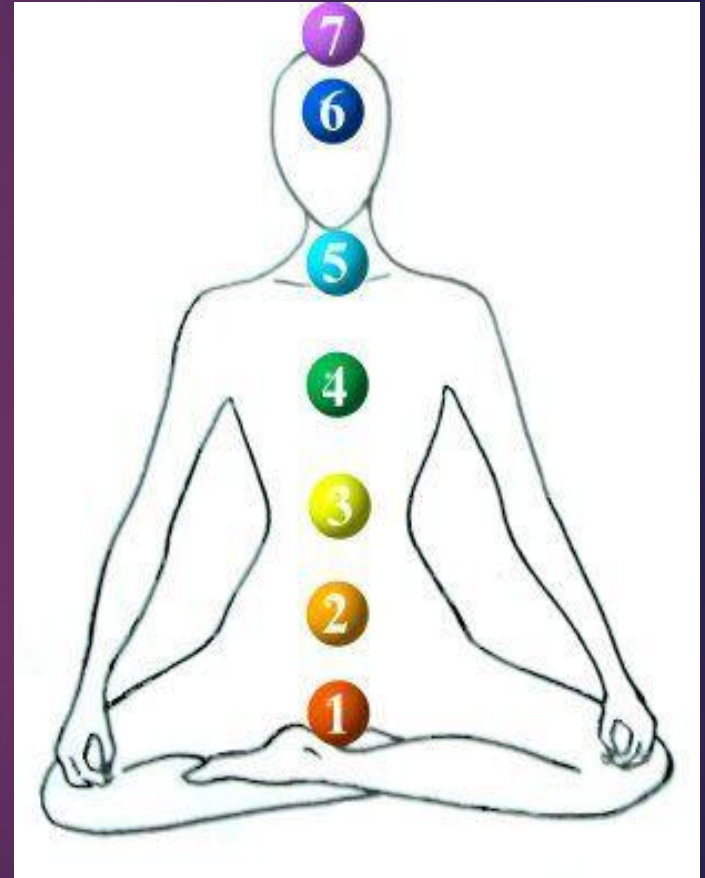
Kisner, Carolyn, et al. Therapeutic Exercise: Foundations and Techniques, 8e. Available from: FADavis, (8th Edition). F. A. Davis Company, 2022.

Spiritual Ways of Healing

- ▶ Prayer
- ▶ Intention
- ▶ Body and Space clearing
- ▶ Smudging
- ▶ Music
- ▶ Healing circles

chakras

- ▶ Chakras are the energy centers of your body. There are 7 main chakras or energy centers. The word chakra comes from the Sanskrit work for “wheel” as these energy centers are perceived as energy wheels.
- ▶ First Chakra=Root Chakra
- ▶ Second Chakra=Sacral Chakra
- ▶ Third Chakra=Solar Plexus Chakra
- ▶ Fourth Chakra=Heart Chakra
- ▶ Fifth Chakra=Throat Chakra
- ▶ Sixth Chakra=Third Eye Chakra
- ▶ Seventh Chakra=Crown Chakra



Positive Thoughts



**Sending
Positive
Vibes**

GIPHY

- ▶ Change your nervous system
- ▶ Positive thoughts produce neurotransmitters which give feelings of pleasure, self-confidence, decisiveness and connectedness, i.e., dopamine
- ▶ Releases of the affected tissues can improve mobility of the tissues, improve blood flow, decrease pain and produce an emotional response/release.

Posture

Posture is important to maintain the bones and muscles in optimum alignment so they may function efficiently.



Ideal sitting posture maintains hips and knees at 90 degree angles, ears over shoulders and in line with the hip bones, feet flat on the floor. The low back should be supported with a lumbar support to avoid slouching and maintain the natural lumbar curve.



Ideal standing posture maintains ears over shoulders and in line with the hip and ankle bone. Maintaining the natural curves of the spine, in at the neck, out at the upper back, in at the lower back and out at the sacrum.

Diaphragmatic Breathing

Diaphragmatic breathing is important for several reasons: it helps to calm the nervous system, assist in mobilizing the abdominal and pelvic floor organs and muscles, it strengthens the diaphragm and it assist in mobilizing the lower ribs for breathing.



Inhale air through your nose letting your belly rise on the inhale. Try not to let your chest rise first.



Exhale air gently through pursed lips pulling the lower part of the abdomen gently back towards the spine. Do not tilt your pelvis. Maintain the small curve of your back.

Diaphragmatic Breathing Part 2

On the inhale, allow your pelvic floor to relax and open. Imagine that your pelvic floor is a flower blossoming.



On the exhale, allow your pelvic floor to pull back in, as if a flower pulls back into a bud.



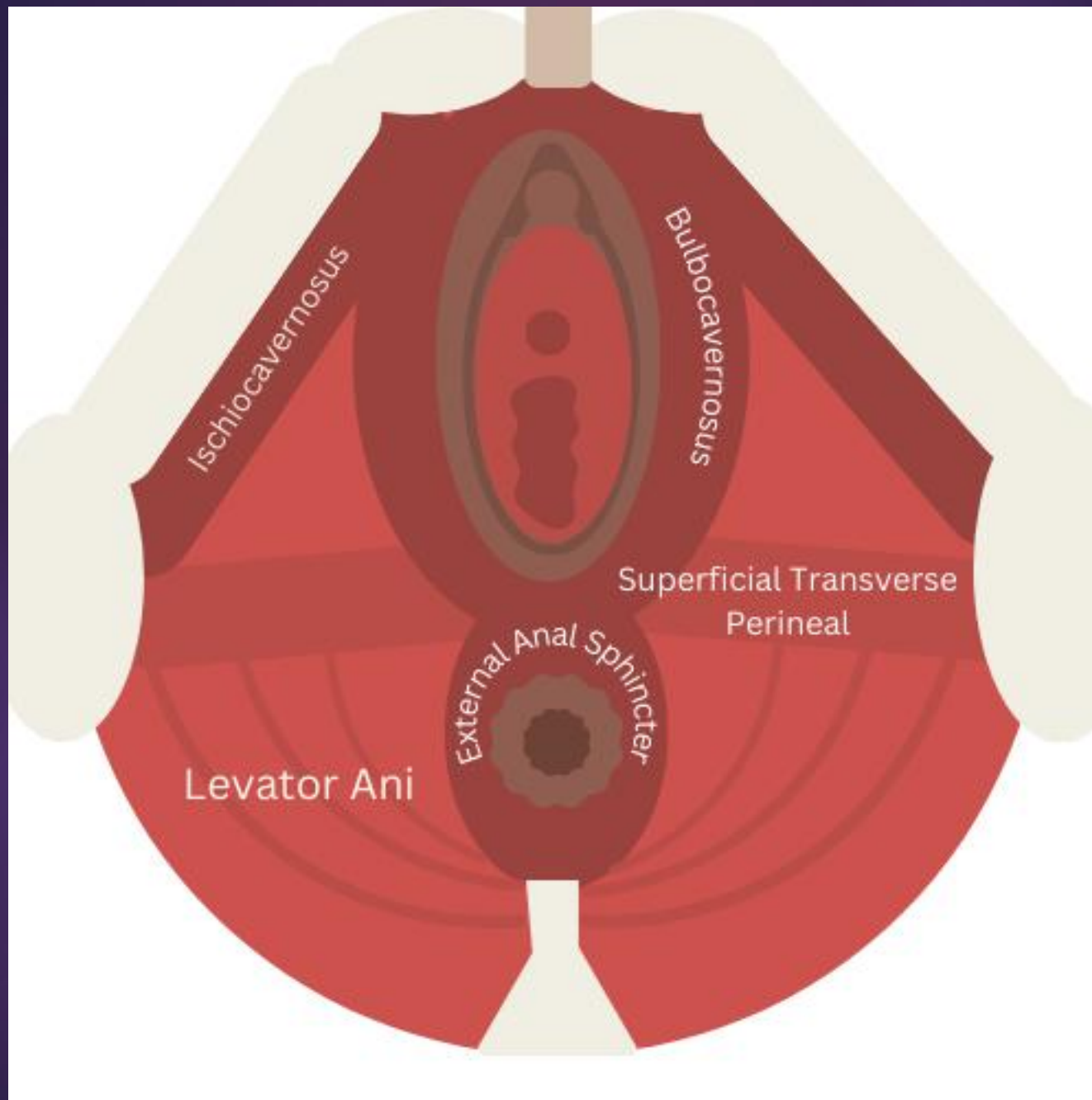
Pelvic Floor Awareness!

Mirror at home

Seated on an exercise ball or folded towel

- ▶ Pelvic floor muscle lifts
- ▶ Pelvic floor muscle relaxation
- ▶ Pelvic floor muscle bulging,
- ▶ Pelvic clock

Muscles of the Pelvic Floor



Pelvic Floor Muscle Contractions

- ▶ **If** your physical therapist has instructed you to do pelvic floor muscle contractions, follow the instructions below.
- ▶ Long holds:
 - ▶ squeeze the muscles around your pelvic floor as if you want to prevent yourself from passing urine and gas.
 - ▶ Hold for 10 seconds, relax for 4 seconds. (or the timing your therapist suggested)
 - ▶ Repeat 10 times. 3 times a day.
- ▶ Quick contractions:
 - ▶ Quickly squeeze the muscles around your pelvic floor.
 - ▶ Hold for 1-2 seconds, release for 1-2 seconds. Remember to relax completely between contractions.
 - ▶ Repeat 10 times. 3 times a day.

The Pelvic Tilt

- ▶ Imagine your pelvis as a clock with 12 o'clock being your belly button, 6 o'clock being your pubic bone, 3 o'clock being the left side of your pelvis and 9 o'clock being the right side.



- ▶ Start from neutral spine: your pelvic bones are in line with your pubic bone and you can place one flat hand under the arch in your back. Place your hands on the sides of your pelvis and remember to breathe.
- ▶ Pull your belly button in and tilt your pelvis up, this is 12 o'clock
- ▶ Release the contraction on your belly button and tilt the pelvis down, increasing the arch in your back, this is 6 o'clock

The Pelvic Clock Cont.

- ▶ Raise the left hip slightly, this is 3 o'clock
- ▶ Raise the right hip slightly, this is 9 o'clock
- ▶ Now, move (or tick) your pelvis slowly from 12 to 6 o'clock. Repeat 3-5 times
- ▶ Tick your pelvis slowly from 3 to 6 o'clock. Repeat 3-5 times.
- ▶ Now, you are going to move your pelvis through the different points on the clock. Tick your pelvis clockwise from 12 to 3 to 6 to 9 and back to 12 o'clock. Repeat 3-5 times.
- ▶ Tick your pelvis counterclockwise from 12 to 9 to 6 to 3 and back to 12 o'clock. Repeat 3-5 times.
- ▶ Next we are going to do smooth circles. Rotate smoothly clockwise around the clock going through all of the times on the clock, from 12 to 1 to 2 to 3 to 4...etc., all the way around the clock until you reach 12 o'clock again. Repeat 3-5 times.
- ▶ Rotate smoothly counterclockwise all around the clock starting from 12 o'clock and ending at 12 o'clock. Repeat 3-5times.
- ▶ If you find you have difficulty with the pelvic clock, it's ok. Take the time you need to master the different exercises above. Just do one at a time for that day if that is what you need to focus on.

Myofascial Release

The following stretches are to stretch the hip, abdominal and back muscles that either work in coordination with the pelvic floor muscles or surround the pelvic floor muscles. By stretching these muscles you will help to release the pelvic floor.

General Rules for Stretching: STRETCH DAILY

- ▶ Only stretch within your available limits and to your tolerance
- ▶ If at any point you feel shooting pain or tingles, nerve types of pain, stop the stretch
- ▶ Incorporate your diaphragmatic breathing into your stretching and relax
- ▶ Be aware of your pelvic floor muscles and shoulders, no tension
- ▶ hold the stretch static
- ▶ Perform the stretches on both sides
- ▶ Minimally hold stretches for 90 sec - 5 min.

Myofascial release cont.

- ▶ never force the stretch
- ▶ With muscle release, gently take up the slack with your positioning and hold at that barrier until you feel the muscles release again
- ▶ At the end of the stretch perform a lengthening of the muscle by then extending the stretch within it's parallel plane.

OTHER TREATMENT TECHNIQUES:

- ▶ Ball releases
- ▶ Foam roller releases
- ▶ Healing Hands/myofascial release
- ▶ Craniosacral therapy

Toe separation



Relax your feet. Separate your toes. Breathe into your feet. Hold for 90 sec.



Inner thigh release
affected
chakra=root

- While seated, separate your legs and point your toes outwards. Gently press your knees outwards as to feel a stretch on the inner thighs. Breathe into your perineum/pelvis. Then gently pull your knees away from your pelvis. Hold 90 seconds.

Hamstring stretch

affected chakra= **root**



Lie on your back with one leg up against the wall/door frame and the other leg straight, flat on the floor. Keep the knees straight. If too difficult to be directly against the wall/door frame, back up some until comfortable. Hold 5 min.



While seated, place right leg up on another chair, place your hands on your thigh, keep your toes pointed up. Lean forward keeping your back straight to increase the stretch, if you can tolerate it. Hold 5 min.



Back and
tailbone release
affected
chakras=**root**
and **sacral**

► While sitting in a chair or on your knees, bring your bottom down towards your feet and reach your arms forwards. Allow your back to curve and tailbone curl under as you stretch. breathe into your tailbone. Hold for 90 sec.



Lower
abdominal
stretch
affected
chakra= **sacral**

- Lay on your stomach and push up onto extended arms. Try to bring your pelvis towards the floor. Hold 15-30 seconds, or your tolerance. If this pose increases back pain or sends shooting pains into legs or back, do not do this pose.

Piriformis/sacral release

affected chakra=sacral



Lie on your back and bend right knee while keeping the foot flat on the ground. Make a “figure 4” with the left leg and place left lower leg on top of the right thigh. Reach under the thigh of the right leg and pull both legs up towards yourself. You should feel the stretch in your bottom on your “figure 4” leg. Hold 90 sec.



While seated, place one ankle on top of the thigh of the opposite leg that is on the floor. Keep your back straight. Lean forward to increase the stretch if you can tolerate. Be careful not to have the ankle bone on top of the thigh. Breathe into your sacral area. Hold 90 sec.

Hip flexor release

affected chakras=root, sacral, solar plexus



From a kneeling position, place left leg out in front as in above picture. Press forward through your pelvis until you feel a gentle stretch in the front of the right pelvis and thigh. Breathe into your abdomen. Hold 90 sec.



While standing, place foot on a chair, as pictured above. Make sure the chair is stable or against a wall. Press forwards through your pelvis until you feel a stretch at the front of the right pelvis and thigh. Breathe into your abdomen. Hold 90 sec.

upper abdomen release

affected chakra=solar plexus



While seated or standing, clasp your hands together and raise your arms up over your head. Remember to keep your shoulders relaxed. Breathe into your upper abdomen. Hold for 90 seconds.

Chest release

affected chakra=heart



While seated or standing, clasp your hands behind your back and squeeze your shoulder blades back to open your chest. Breathe into your sternal area. Hold for 90 sec.



Neck release
affected
chakra=throat

- While keeping your shoulders relaxed and sitting up tall, place your hands on your skin over your collar bones. Look up to the ceiling and GENTLY pull your hands down to feel a stretch at the front of your neck. Breathe into your lower



TMJ/jaw release
affected
chakra=throat

- While keeping your shoulders relaxed and sitting up tall, gently place your palms on the side of your face so that the lower part of your hand rest on your jaw. Keep you jaw relaxed and GENTLY let the weight of your hand distract your jaw. Breathe into your



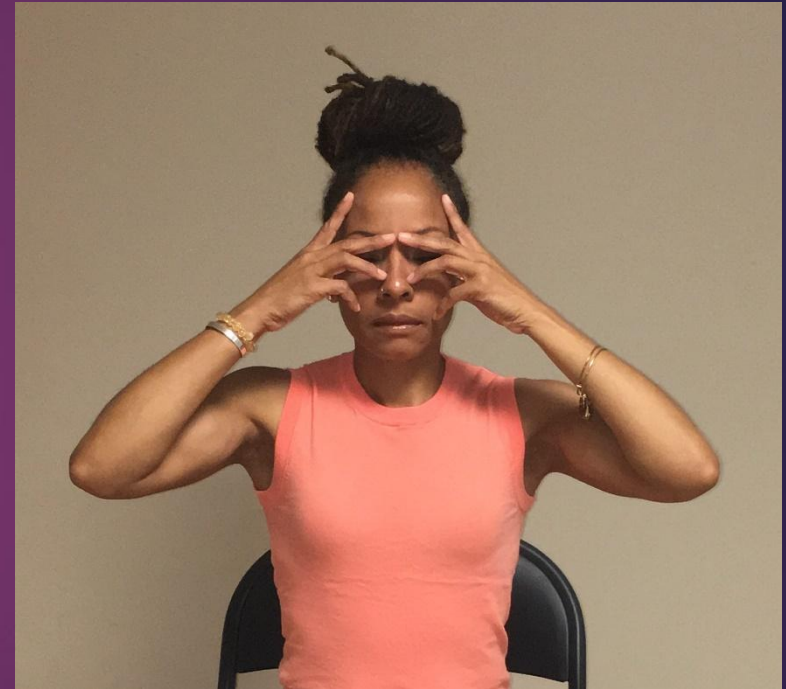


Ear pull release
affected
chakra=third eye

- While keeping your shoulders relaxed and sitting up tall, gently grab the lower part of your earlobes between your thumb and index finger. Gently pull your earlobes away at a 45 degree angle. Breathe into your cranium into the area

Frontal and nasal lift release

affected chakra=third eye



While keeping your shoulders relaxed and sitting up tall, place your index or middle fingers on the sides of your forehead. Place your middle or ring fingers along the sides of your nose. Gently compress the sides of your nose. Maintain this position and gently pull forward from your forehead and nose. Breathe into the area between your eyebrows. Hold for 90 sec.



Hair pull release
affected
chakra=crown

- Lean forward on a table, keep your back straight and your shoulders relaxed. Gently take hold of your hair from the roots and gently pull your hair away from your head. If you have very short hair or no hair, place your hands on the side of your scalp and gently push your scalp away from the top of your head. Breathe into

Basic Stretches Cont.

Happy Baby Pose



Hold 5 min.

Lion's Breath- Find your voice

1. Find a comfortable seated position.
2. Lean forward slightly, bracing your hands on your knees or the floor.
3. Spread your fingers as wide as possible.
4. Inhale through your nose.
5. Open your mouth wide, stick out your tongue, and stretch it down toward your chin.
6. Exhale forcefully, carrying the breath across the root of your tongue.
7. While exhaling, make a "ha" sound that comes from deep within your abdomen.
8. Breathe normally for a few moments.
9. Repeat lion's breath up to 7 times.
10. Finish by breathing deeply for 1 to 3 minutes.



Hygiene and Vulvar Care

- ▶ Some basic rules of hygiene, especially with vulvar pain, are:
- ▶ Wipe from front to back
- ▶ Avoid the use of products which have fragrance and dye, i.e., toilet paper and tampons
- ▶ Wear white cotton underwear and sleep without underwear or a bottom
- ▶ Avoid tight clothing/pants
- ▶ Pat dry your vulvar region after bathing, don't rub or use a lot of friction
- ▶ Calendula cream is good for vulvar irritation as an anti-inflammatory, antibacterial and it subdues pain; test on the inside of your wrist first for allergies. Aloe vera gel is also an anti-inflammatory, check for allergies.
- ▶ Sitz baths can be helpful as well
- ▶ Avoid douching and chlorinated water
- ▶ With intercourse, avoid lubricants that contain propylene glycol, all natural organic is best. Olive oil may be used. Test a little on the inside of your wrist for allergies
- ▶ After intercourse, urinate and use a squeegee bottle to rinse the vulvar region with cool water, covered ice packs may also be used for 10 minutes.

If you have reservations or fear around sexual intimacy go through the processes of physical/biological acknowledgement.

Ask yourself questions:

- When you think of sexual intimacy does your body react a certain way that causes tension or pain
- If your body reacts a certain way to a thought, are you able to acknowledge the physical response and then melt the tension or pain away
- Do you need to seek professional assistance regarding issues of chronic physical pain with intimacy
- What sources do you find help with negative reactions around thoughts of sexual intimacy
- Is sexual intimacy itself painful
- If sexual intimacy is painful are you able to acknowledge which part of your body is experiencing the pain
- Do you need to see a professional PT or other source regarding the pain

Toileting and Defecation Mechanics

Order

In order to put less strain on your pelvic floor a few good tips to utilize when defecating are:

Make

Make sure your knees are higher than your hips

Use

Use a stool or a phone book under your feet, if you don't have one, go up on your toes

Lean forward

Lean forward keeping your back straight

Place

Place your elbows on your thighs

Inhale and let

Inhale and let your belly get big

Exhale

Exhale making a hissing sound or a "haaa" sound and bear down gently

Do not strain or hold

Do not strain or hold your breath

Get up

If it isn't working, get up, take a walk, perform an abdominal massage and try again later when you get the urge.

Try

Try to avoid constipation



With urination, always try to sit down on the commode. Squatting over a commode does not allow your muscles to relax completely and can lead to you not emptying your bladder completely.

Diet and Nutrition in General and for the Pelvic Floor

Maintaining a healthy bladder and digestive system is vital in pelvic floor health. An irritated bladder can cause pelvic pain as well as a cramping and constipated colon. Some basic tips for nutrition are:

- ▶ Get 20-35 grams of soluble and insoluble fiber a day. Remember if you increase fiber you have to increase water intake.
- ▶ Cooked vegetables are easier on the digestive system for those individuals who have issues with digestion. www.ibsgroup.org is a website for the Irritable Bowel Association and has further information on diet for irritable bowels.
- ▶ Drink half of your weight in ounces in water a day. If not water let the beverage be non-caffeinated, non-alcoholic and non-carbonated. Not getting enough fluid can concentrate the urine and concentrated urine can irritate the bladder.
- ▶ Caffeine and alcohol can be dehydrating so limiting consumption can be helpful
- ▶ Spicy, curried, citrus, acidic and caffeinated foods and beverages are all potential bladder irritants. See the website www.ic-network.com for a full list of bladder irritants.
- ▶ Avoid artificial sweeteners and simple sugars such as sweets and white pastas

Diet and Nutrition

- ▶ A healthy gut also requires a healthy collagenous turnover of epithelial cells.
- ▶ Supported by:
 - ▶ Bone broth
 - ▶ Gelatin from healthy animals eating traditional diets. 50 , 115
- ▶ Especially during stress or illness states including chronic pain, the burden of digestion can be greatly eased by the inclusion of accessible protein.

The background is a dark, textured surface covered with numerous 3D question marks of varying sizes and orientations. In the top right corner, there is a solid pink vertical rectangular bar.

Questions????

Email Lauren: admin@laurenhcollinswellness.com