

✦ THE OASIS PELVIC ✦ BIRTH PREP *Top Tips*



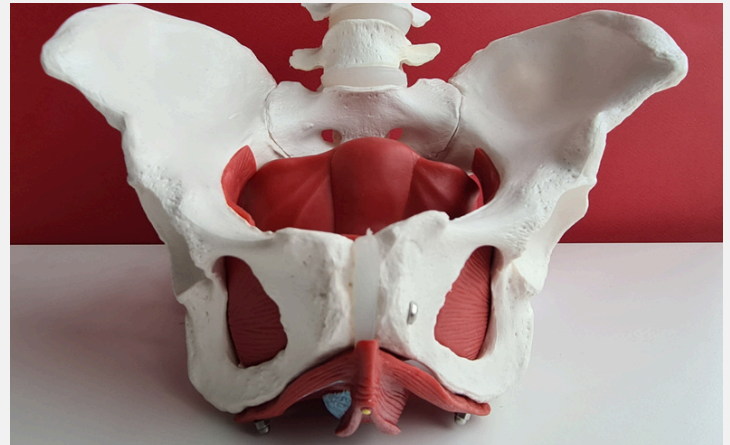
CONNECT WITH PELVIC FLOOR

Tight pelvic floor muscles, restricted hips, or sacral immobility can create longer, more difficult labors.

A few simple strategies daily:

- Sedentary jobs need hourly micro-stretch breaks
- 30 min Daily walk builds stamina & pelvic mobility
- Intervals of relaxation, 360-degree breathwork promote healthy pelvic floor mobility & tone.

Can you recognize if your pelvic floor is tense or in a resting state? Can it squeeze & lift AND release? If not, this may indicate pelvic floor tension.



CREATE BALANCE & MOBILITY

Old injuries, habits, or pain can be a cause of muscle imbalance. Labor depends on how the pelvis moves, the pelvic floor relaxes, and how the baby navigates the birth canal. We can help identify & address potential “stop lights”.

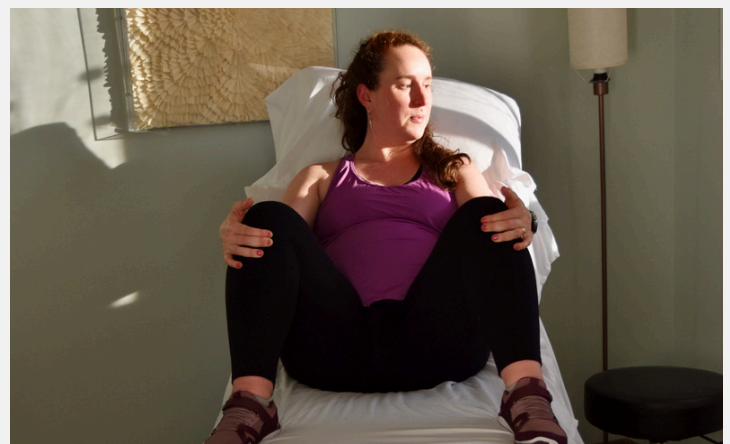
Implementing Spinning Babies principles to target pelvic ligaments and soft tissue is key. Modifications may be needed to the “3 sisters of pelvic balance”.

Join a Prenatal Yoga community for support.

CONFIDANTLY PUSH

Learning to push with power yet relax and be open is a skill. Most people have never practiced effective, coordinated pushing. Pelvic PTs teach breath strategies, pressure management, and how to lengthen—not bear down ineffectively.

Highly recommend a Pelvic Push-Prep Class. Learn personalized strategies while partners are trained in pain science, comfort measures, and advocacy. Mental, emotional, & physical preparation can help achieve the birth you desire.



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Sobhgol, S. S., Smith, C. A., & Dahlen, H. G. (2020). The effect of antenatal pelvic floor muscle exercises on labour and birth outcomes: A systematic review and meta-analysis. *International Urogynecology Journal*, 31(11), 2189–2203. <https://doi.org/10.1007/s00192-020-04298-1>

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