

Abdominal Canister Breaths

HOW TO DO IT - ABDOMINAL CANISTER BREATHS:

- Put your hands on your ribcage
- As you INHALE, expand the ribcage 360 degrees in the front, middle and back, RELEASE the pelvic floor and allow the belly to soften.
- As you EXHALE, PULL IN the pelvic floor, compress the ribcage 360 degrees from front, middle and back and compress the abdominals in.

HOW MANY TO DO & HOW OFTEN:

After birth (even within hours of giving birth vaginally): Abdominal canister breaths can be done when you think of it (*numbers / repetitions are not important right now, just getting the sensation back is!*)

As you get more comfortable with the sensation, aim to complete 10-20 abdominal canister breaths throughout the day, **every day.**

HOW TO KNOW YOU'RE DOING IT RIGHT:

You should be able to **feel your entire ribcage, core and pelvic floor engaging and releasing at the same time.**

What you should NOT feel: bearing down or pooching out in your pelvic floor or abdominals.

***Note:** It's ok if you still have a 'dead zone' behind your belly button at this point, as long as you can feel the contraction around the belly button. Eventually, the 'dead zone' will come back to life!

VISUALS:

