



Yoga for Pelvic Floor Health and Incontinence

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Week 5

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YTT 500hr & Doula

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Yoga for Pelvic Floor Health and Incontinence – Week Five

The Pelvic Floor & The Vagus Nerve

- Introduction
- Anatomy of the Vagus Nerve
- Vagus Nerve and Pelvic Floor Function
- Vagus Nerve Stimulation and Pelvic Floor Health
- Mind-Body Connection
- Breathwork, Poses, Movement

Introduction

- The vagus nerve is the longest cranial nerve in the body and plays a crucial role in regulating various bodily functions.
- It is involved in the parasympathetic nervous system, which is responsible for rest, relaxation, and digestion.
- The pelvic floor refers to a group of muscles and connective tissues that support the pelvic organs, including the bladder, uterus, and rectum.

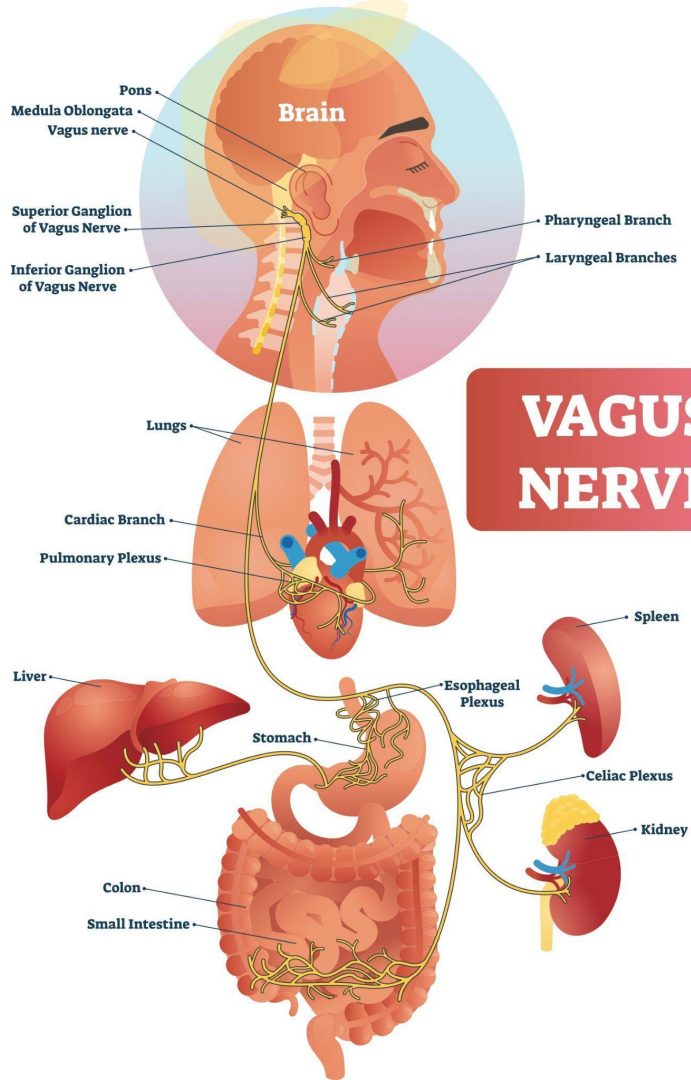
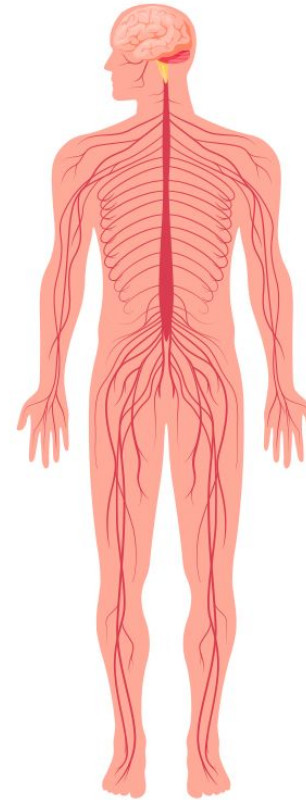
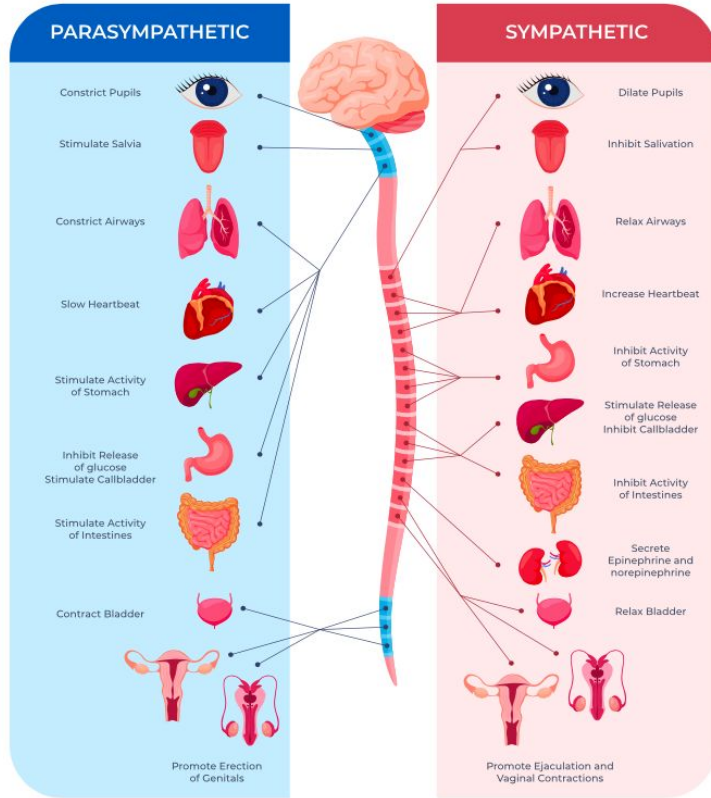
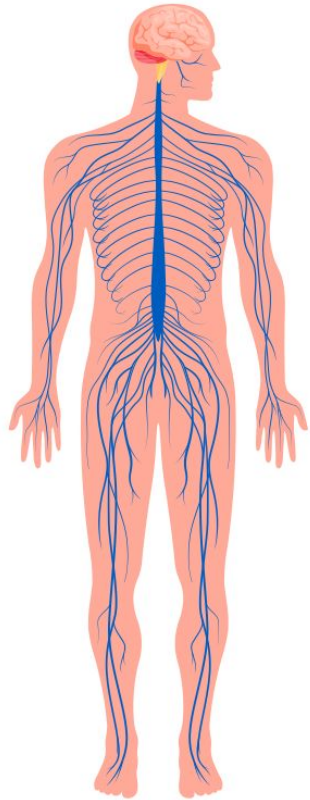


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The Vagus Nerve

- The vagus nerve originates in the brainstem and extends down into the abdomen, passing through the neck, thorax, and diaphragm.
- It has multiple branches that innervate various organs and structures, including the pelvic floor.

HUMAN NERVOUS SYSTEM



The Vagus Nerve and Pelvic Floor Function

- The vagus nerve plays a role in regulating the tone and function of the pelvic floor muscles.
- Activation of the vagus nerve promotes relaxation of the pelvic floor muscles, allowing for normal urinary and bowel function.
- Dysfunction or impairment of the vagus nerve can lead to pelvic floor disorders, such as urinary incontinence, fecal incontinence, or pelvic pain.

Vagus Nerve Irregularities



Physical Body

Gastroesophageal reflux disease, Irritable Bowel Syndrome, nausea, vomiting, fainting, migraines, tinnitus, auto-immune disorders, and seizures



Mental Health

fatigue, depression, panic attacks, alternation between feeling overwhelmed and shut-down



Balance & Stimulate VN

Regulate sympathetic Hyper-arousal & parasympathetic Hypo-arousal

Image - © Virginia Walker

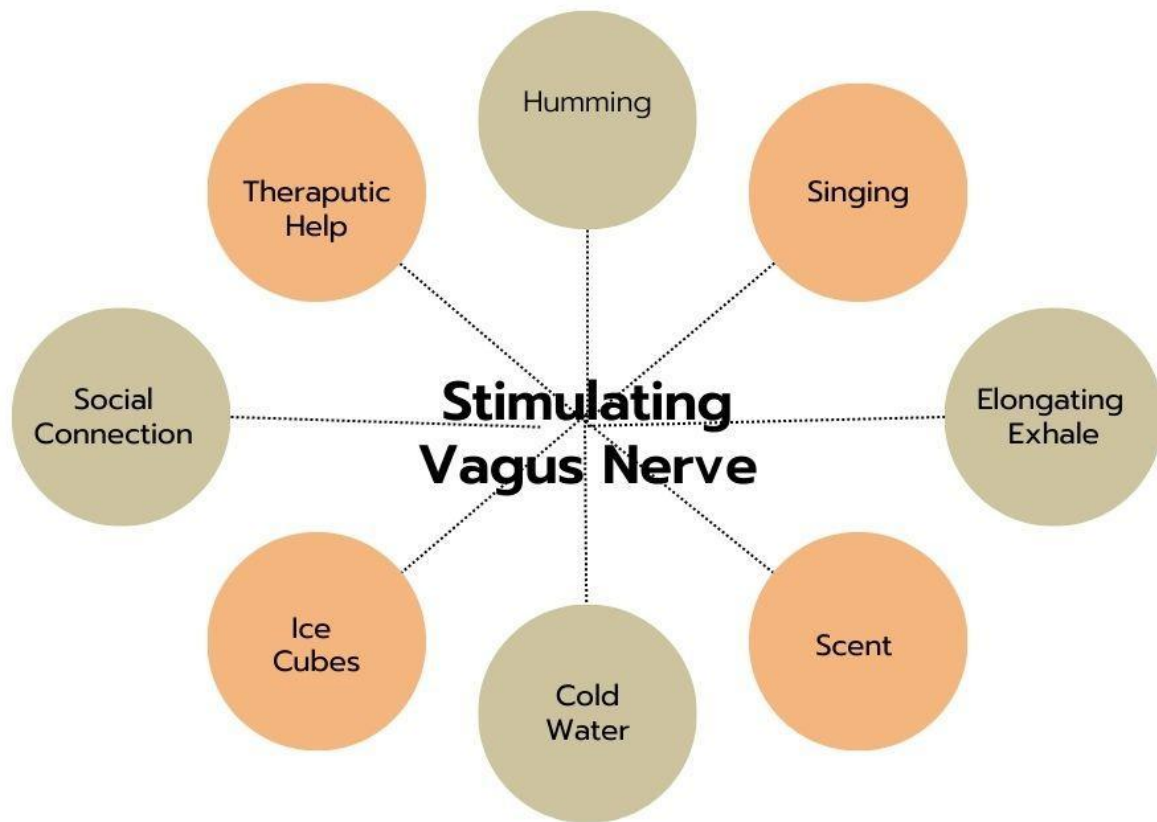
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Vagus Nerve Stimulation and Pelvic Floor Health

- Vagus nerve stimulation (VNS) is a therapeutic approach that involves the use of electrical stimulation to modulate the activity of the vagus nerve.
- VNS has shown promising results in the management of pelvic floor disorders.
- Stimulation of the vagus nerve can improve pelvic floor muscle tone, reduce inflammation, and alleviate symptoms associated with pelvic floor dysfunction.

Mind Body Connection

- The vagus nerve is closely connected to the brain and is involved in the bidirectional communication between the brain and the pelvic floor.
- Psychological and emotional factors, such as stress and anxiety, can impact the function of the vagus nerve and, in turn, affect the pelvic floor.
- Mind-body approaches like deep breathing exercises, meditation, and yoga can help stimulate the vagus nerve and promote pelvic floor health.



Yoga – Breathwork, Poses, Movement

- Bumble Bee Breath - Bhramari
- Sound Meditation – VAM
- Tapping
- Childs pose - Balasana
- Seated forward folds
- Heart openers
- Meditation with diaphragmatic breathing