

Positions of Ease

for prolapse symptoms

These inverted or 'anti-gravity' positions can help to ease the symptoms of prolapse by reducing the effects of gravity and encouraging the pelvic organs back into a more natural position.



Position One

- Lie on the floor or on your bed
- Raise your legs and rest them against a wall
- The legs can either be bent (image) or can be kept straight



Position Two

- Lie on the floor ensuring that you are able to get up from this position.
- Raise your legs and place them in a comfortable resting position on your sofa or armchair.



Position Three

- Lie on the floor or on your bed with your knees bent.
- Place pillows underneath your bottom to raise it, keeping the shoulders and head on the surface you are lying on.



Position Four

- If you have access to a gym ball you could use that to rest your legs on.
- This may be helpful if you find getting down to/up from the floor difficult as it could be used on your bed.



You can remain in these positions for as long as you feel comfortable to as long as you are feeling well.

Completing some of your pelvic floor exercises in these positions may help to reduce the symptoms further by providing a lift and support from underneath.

If your prolapse sits beyond the entrance to the vagina these may be the best positions to complete your pelvic floor exercises in for maximal effect.