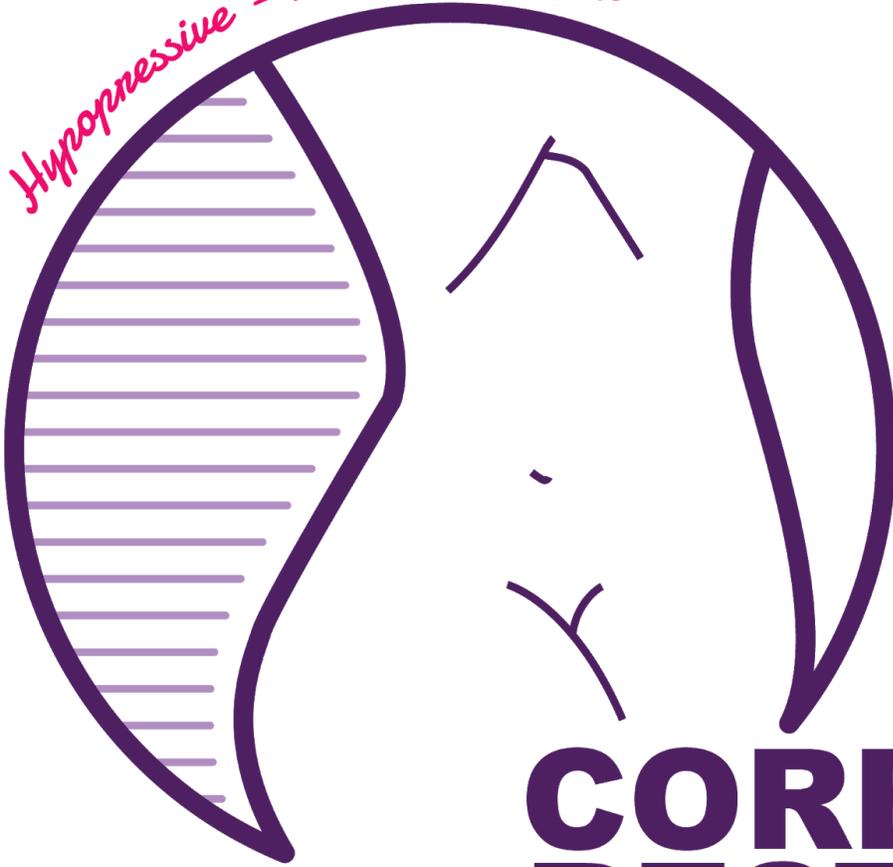


Hypopressive - Pilates - Rehab



CORE RESTORE

by Jeanette



Hypopressive® Method and the Benefits.

The Hypopressive® Method is a non surgical solution and a full body approach to core and pelvic health.

Our pelvic floor is meant to be able to withstand the daily pressure of everyday life, such as coughing, sneezing, jumping, laughing and defecating.

In this method we retrain our core and pelvic floor to help reduce the pressure on the pelvic organs through a series of specific exercises.

If you think of your pelvic floor as a trampoline,

A trampoline is composed of fabric, springs and an outer ring. The fabric being your pelvic floor muscles and connective tissue, the springs of the trampoline being your ligaments and the outer ring being your boney outer pelvis.

Rarely does a problem occur with one spring being broken, however, over time, if several of the springs become damaged or the fabric becomes too loose and it is not repaired it will create a malfunction in the trampoline.

Your pelvic floor is at its peak function when it is flexible enough and strong enough to withstand coughing, sneezing, running, jumping and defecating.

If your pelvic floor is too tight (hypertonic) or too loose (hypotonic) it will create a dysfunction in the pelvic floor area which may present itself in the form of incontinence (leaking urine) or pelvic organ prolapse (where any of the organs, bladder, uterus, rectum start to descend and sometimes become visible or become external.)

Incontinence and pelvic organ prolapse are a sign of pelvic floor dysfunction and needs to be addressed.

As much as society and marketing makes us believe, we do not have to reside ourselves to surgical options, devices and absorbent underwear and pads. We need to address the problem and not just mask the symptoms.

The Hypopressive® Method is a non-surgical option. It is a series of breathing and postural exercises that help reduce the pressure on the pelvic floor, when practiced regularly. It is a core restoration and maintenance program.

Listed below are more of the benefits of the Hypopressive® method.....

1. Retraining the function of the pelvic floor.
2. Reducing waistline
3. Vaginal dryness, the hypopressive method helps the pelvic floor organs to rise , therefore creating movement which helps with lubrication.
4. Abdominal hernias
5. Vaginal hernias
6. Diastasis recti , separation of abdominal wall, whether through pregnancy or over training of superficial (6 pack) muscles.
7. Improved posture.
8. Improve athletic endurance.

I am invested and engaged in your health and well being.

You need to have specific instruction in the Hypopressive® method. Yes, there are youtube videos available on the internet but, if practiced incorrectly you may either create a problem in the pelvic floor or increase your symptoms.

If you would like to know more about the Hypopressive® Method, have any questions or would like a video consultation to see if you'd be a good candidate for the Restorative Program or Preventative Program.

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Level 1, Level 2 and Level 3

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