



HYPOPRESSIVE TECHNIQUE INFORMATION SHEET

At its simplest, Hypopressive is an exercise and breathing technique designed to activate, repair, and restore the core, good for pelvic floor and sexual dysfunction, pelvic prolapse, reducing back pain and diastasis recti (tummy separation). It can even help respiratory issues as it releases tension in the diaphragm.

How does Hypopressive differ from other core exercises?

Hypopressive technique uniquely offers good resting tone into the slow twitch fibres of the pelvic floor which make up for about 70%. Once this is achieved, it offers a constant level of protection, without having to consciously activate your pelvic floor muscles to avoid wetting yourself during a sneeze or injuring your back when coughing.

Other programs like Kegels mainly focus on repetition by contracting and releasing the fast twitch fibres which account for around 30% of the pelvic floor. These exercises can help improve light incontinence, but those with heavy bladder leakage or more specific conditions such as pelvic organ prolapse, diastasis recti (abdominal/tummy separation), or lower back pain may find Hypopressive training more effective.

Who can benefit from Hypopressive exercises?

Hypopressive exercises are beneficial for:

- Men and women with pelvic floor dysfunction (symptoms may include urinary incontinence or urgency, pelvic organ prolapse, anal incontinence, and/or sexual dysfunction)
- Those diagnosed with abdominal/ tummy muscle separation (diastasis recti)
- Individuals with nagging lower back pain
- Postpartum women
- Athletes looking to improve core control, posture, and overall performance.

Certified therapists have screening criteria to ensure there are no contraindications that could possibly make Hypopressive Technique inappropriate for you. Medical clearance from your doctor is always a good idea before starting any exercise program.

What exactly is Hypopressive technique?

It's a unique way to restore strength and retain pelvic floor and core function using breath work, postures, and low pressure in the abdominal cavity A bit like yoga for your pelvic floor, diaphragm, and core.

The term 'HYPOpressive' refers to a decrease or reduction in pressure. This form of exercise reduces pressure to the thoracic, abdominal and pelvic cavities to improve circulation and tone in the pelvic floor and deep abdominal muscles. In contrast, traditional exercises, abdominal training, gravity, as well as many of our daily activities, are HYPERpressive – they increase intra-abdominal pressure.



I wanted to drop a note to thank you for all your help with some of the physical barriers related to my pelvic floor control. Since giving birth to my second child - both of which were long and laboured processes, I found it difficult to enjoy running due to pelvic floor control issues and used to panic !! It stopped me from running!

But with your help and instruction in Hypopressive Technique, I have now successfully completed a half marathon, an ultra 50kms this year plus the summit of a large mountain. Next year is a half marathon, another ultra and another big mountain !!

I couldn't have done it without your support and guidance and I encourage anyone with similar issues to seek help as there is a way of controlling things and moving forward.

GB - LANE COVE

What's involved in Hypopressive training?

It's important to learn the Hypopressive technique under the watchful eye of trained professionals. Having undergone three stages of certification, Liane Geeves, owner and operator of Pilates Connection in Lane Cove, Sydney is fully accredited through [The International Hypopressives Council](#) to offer specialised training and guidance.

As little as 10 to 15 minutes a day is all it takes to start seeing significant results and improvements in symptoms once you have been correctly introduced to the Hypopressive Technique by a certified therapist who can guide you through progressions and share gentle fascial release techniques which help to release tension in breathing offering a deeper co-operation of pelvic floor with the diaphragm.

If you would like to talk further about Hypopressive training, and the methods employed here at the studio, or to book an initial consultation, please feel free to contact Liane.



LIANE GEEVES
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Pilates Connection Lane Cove,
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QUALIFICATIONS -
Pilates: ITC (Diploma)
Hypopressive Technique Therapist: IHC
Cancer Exercise Specialist: CETI
Structural Integration Therapist: ATSI
Scar Tissue Therapist: STRAIT Method



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