

Pelvic exercises for period pain

This awareness campaign is initiated and funded by Gedeon Richter and is intended for members of the public in the UK.

Did you know that gentle exercise could ease your pain? Though you might feel like cocooning in bed, your cramps may feel better if you try these yoga poses instead^{2,3}. If your pain persists, please speak to your GP.

Adapted Child's Pose

Great for people who feel their period pain in their back. Bum on heels, forehead on the floor, arms stretched out in front of you and... breathe. Stay like this for as long as you like.



Cat-Cow

Along with soothing your back pain, this pose will target the pain in your tummy muscles too. Starting on all fours, take a big breath in, arch your back and look up to the ceiling. Now, slowly breathe out, push your tummy and pelvis in and bring your head down. Do this five to 20 times.



Reclining Twist

This is a lovely one for your lower back and belly. Lie on your back with your arms down by your side. Bring your left knee over your right thigh and enjoy that stretch. Now, do the same on the other side.



Pigeon Pose

This is a good hip stretch. From all fours, bring your right knee forward near your right wrist. Slide your left leg back and bring your right foot to rest somewhere in front of your left hip. Stretch your toes and point your heel up to the ceiling. Now breathe in – and out – as many times as you like.



Corpse Pose

Time to relax and focus on your breathing. Lie flat on your back, arms by your side. If you practice mindfulness, now's your time. How's your body feeling? Is your pain a little easier? If this little workout has helped, why not share it with your friends and family? You might help someone else with killer period pains. And don't forget to tell them about The Red Flag Campaign.



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The Red Flag Campaign

is brought to you by Gedeon Richter

We're on a mission to raise awareness of endometriosis – and make life better for people with a cervix.

Find out more at [IsItEndo.co.uk](https://www.isitendo.co.uk)

References

1. NHS. 10 ways to ease pain. Available from: <https://www.nhs.uk/live-well/pain/10-ways-to-ease-pain/>. [Accessed Feb 2024].
2. Kim SD. Yoga for menstrual pain in primary dysmenorrhea: A meta-analysis of randomized controlled trials. *Complement Ther Clin Pract*. 2019;36:94-99.
3. Welme. 5 Best Yoga Poses to Help with Menstrual Cramps. Available from: <https://mywelme.com/period-times/5-best-yoga-poses-to-help-with-menstrual-cramps/>. [Accessed Feb 2024].