

# Types of stretch exercises that helped

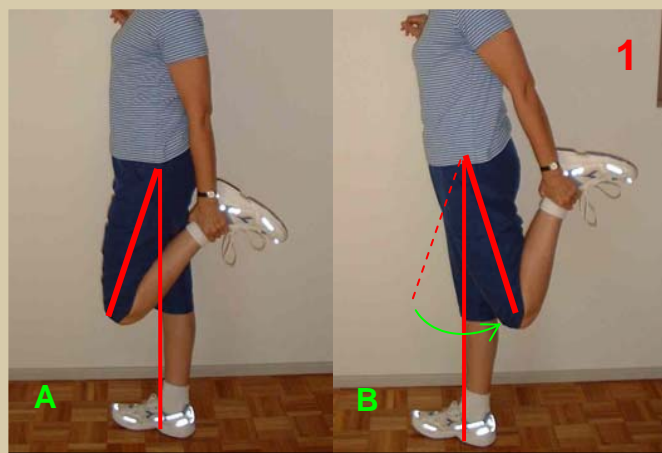
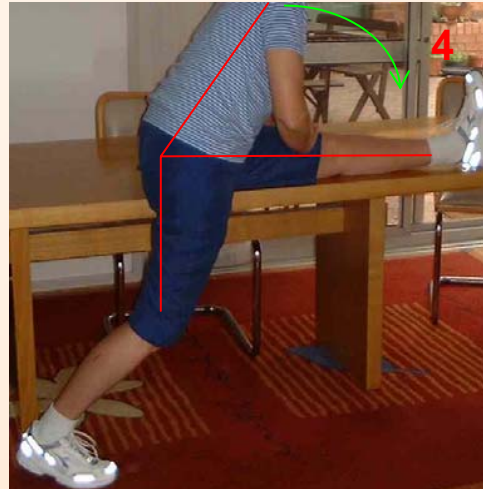
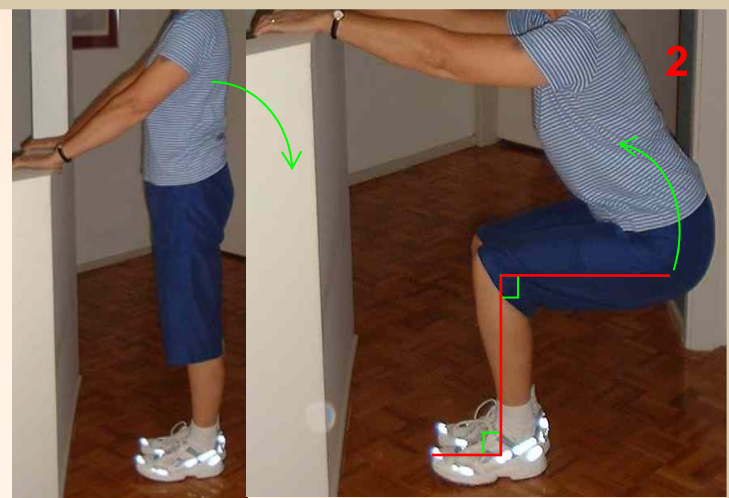


Fig A was the *maximum* I could stretch my leg back when I first started to exercise. It has taken me 5 months to get to Fig B.



# Types of local massage that helped



**Not very glamorous....  
but then  
neither is  
PSAS!!**



Massage the pathway of the Pudendal nerve using 1 or 2 fingers and try and get in as deep as possible!



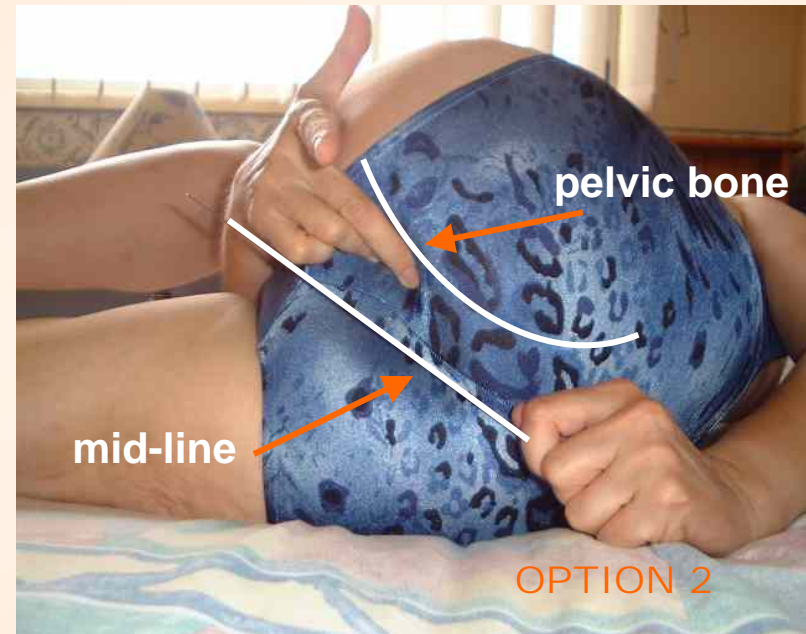
# Local massage: 1

- Stand up and put one foot on a chair or similar.
- With the middle and ring finger, press in firmly against the flesh between the edge of your pelvic bone and the vaginal opening. Using a circular-cum-backward and forward movement see if you can locate and loosen any tight/sore spots or bands.
- Do this on both sides even if your problem seems to arise from one side in particular.
- Follow the soft pathway that runs back up to the lower spine massaging as far as you can reach comfortably.



## Local massage: 2

- Lie on your side on the bed.
- Using the same finger massage technique as above, massage the soft pathway that lies between the vaginal and anal opening, on one side, and the edge of the pelvic bone on the other.
- Turn over on your opposite side and repeat the process until the muscle tension relaxes.



# Local massage: 3

- Stand up and clench your fists
- Using your knuckles, massage painful points/sore spots and areas of tightness or burning in the general gluteal (rump) area.
- If you have the energy or curiosity see if you can find any of these sort of 'spots' further up your back.
- **DO NOT MASSAGE YOUR SPINE**

