**Hypopressive Exercises**

The Hypopressive Method - a series of exercises targeting the core area - is an effective way to reduce waist size and increase the tone and strength of your muscles. It can be safely used by women with Diastasis Recti (link), people with back pain, hernia and is used to treat all forms of incontinence.

Originally the method was developed for women who just had delivered. Dr Marcel Caufriez, a renowned Belgium doctor in physiotherapy and rehabilitation, developed this technique in 1980 combining exercises used for post natal rehabilitation. This was in response to the fact that most traditional abdominal exercises are not adapted to women who have just delivered and can even be dangerous by putting too much pressure on the abdominal wall, aggravating urinary incontinence or prolapse.

What it can do for you:

- **Waist reduction, flattening the stomach:** A study done in 2010 showed a reduction in the waistline in participants of 3.5cm after 14 weeks using the Hypopressive Method for 10 minutes a day. A lot of post-partum women rush back to non-specific Yoga, Pilates or even strenuous exercise in the hope of regaining their figure pre-pregnancy. This is a common mistake that can cause a lot more damage than good. The pelvic muscles are not strong enough to bear with that kind of pressure nor are the abdominal muscles. The Hypopressive Method will enable most women to regain a slim figure but more importantly in a safe and healthy manner.

- **Incontinence:** It has preventive and curative results for all urinary incontinence so if you would like to be able to sneeze, cough or run without fearing a leak, this is for you. A 2007 study done by Fernandez, showed an 85% decrease or elimination of the symptoms for incontinence after a period of 6 months of training using the Hypopressive method.

- **Pelvic Floor Rehabilitation:** The main issue, which the method was developed for, is to improve the tone of the core muscles, support and reposition the pelvic organs. It does, by...
extension, improve sexual sensation and ability for sexual pleasure thus contributing in a better quality of life for new mothers.

- **Diastasis Recti:** Many pregnant women and new mothers complain about diastasis recti or abdominal separation, the Hypopressive Method has a lower impact and better result for abdominal separation than traditional abdominal exercises prescribed. Excessive abdominal exercises during the first trimester of pregnancy can lead to diastasis; other causes are multiple pregnancies, weight of the baby at birth and women over 35.

- **Relieving back pain:** Most people suffering from back pain should not perform traditional abdominal exercises; it puts an unwanted pressure on the spine. Because the method strengthens the abdominal wall without putting hurtful pressure on the spine, it is a far better option for anybody suffering from chronic back pain.

A strong and healthy pelvic area is vital for any women and their present and future health. The Hypopressive Method contributes to a better quality of life for women and the feeling of being back in control of their body.