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LEVATOR EXERCISES FOR LEVATOR MUSCLE SPASM

The purpose of this exercises to relieve the pain of the levator muscle around the rectum. The pain often occurs in the middle of the night but can occur anytime. The spasm is similar to that of a Charlie horse in your leg. This exercise helps straighten and relax the muscle. Sitz baths (sitting in a warm tub of water) will also help the muscle relax.

To do the exercise:

- Bear down slightly, as if you were going to pass gas. Hold this for 5-10 seconds before relaxing.
- Try not to draw up or squeeze the muscle again.
- Repeat as needed

At night, before going to bed, sit in a warm (not hot) tub of water for about 15-20 minutes. This will help relax the muscle. After the bath, do the exercises 10 times.