

Exercise Routine for Endometriosis Management

Here's a gentle and effective weekly exercise routine tailored for someone struggling with endometriosis, focusing on reducing inflammation, supporting pelvic health, and managing pain and fatigue. Always consult your doctor or physiotherapist before starting a new routine.

Goals:

- Reduce pelvic pain and tension
- Improve circulation and reduce inflammation
- Support mental health and energy levels
- Avoid overexertion and flare-ups

Day	Activity Type	Duration	Focus Area
Monday	Gentle Yoga	20–30 min	Pelvic relaxation, stretching
Tuesday	Low-impact Cardio	20 min	Blood flow, energy boost
Wednesday	Strength Training	20 min	Core and pelvic stability
Thursday	Rest or Stretching	15 min	Recovery and gentle movement
Friday	Pilates or Yoga	25 min	Core control, posture, flexibility
Saturday	Light Walking	30 min	Endurance, mood support
Sunday	Rest	–	Deep rest and recovery

Daily Exercise Breakdown

Monday – Gentle Yoga for Pelvic Relief

Focus: Release tension, reduce cramping

Examples:

Child's Pose – 1 min

Cat-Cow Stretch – 1 min

Supine Twist – 2 min per side

Reclined Butterfly Pose – 3–5 min

Tip: Use pillows under knees for support.

Tuesday – Low-Impact Cardio

Focus: Promote blood flow, reduce fatigue

Options:

Walking at a comfortable pace

Swimming

Cycling on a stationary bike

Goal: Keep it light and stop if any discomfort arises.

Wednesday – Gentle Strength Training

Focus: Support pelvic floor and core

Routine:

Glute Bridges – 2 sets of 10

Bodyweight Squats – 2 sets of 8–10

Bird Dog – 2 sets of 10 (5 per side)

Wall Push-ups – 2 sets of 10

Tip: Avoid abdominal strain. Rest between sets.

Thursday – Restorative Stretching

Focus: Gentle recovery and mobility

Stretch Examples:

Seated Forward Fold – 1 min

Legs Up the Wall – 5 min

Neck Rolls & Shoulder Circles – 2 min

Tip: Breathe deeply with each stretch.

Friday – Pilates or Core-Focused Yoga

Focus: Strengthen deep core muscles and improve posture

Moves to Try:

Pelvic Tilts – 10 reps

Modified Dead Bug – 8–10 reps

Side-Lying Leg Lifts – 10 reps per leg

Sphinx or Cobra Pose – gentle back extension

Tip: Avoid any movement that increases pelvic pressure.

Saturday – Light Walking or Nature Walk

Focus: Improve mood, boost gentle circulation

Walk outdoors at an easy pace

Include rest breaks as needed

Consider walking meditations or music for mental relief

Sunday – Full Rest Day

Use heat pads, hydrate, and reflect

Try deep breathing or a guided meditation for pain relief

Tips for Exercising with Endometriosis

Listen to your body: Take extra rest if pain flares up

Hydrate and eat anti-inflammatory foods

Use heat therapy before or after exercise to ease cramping

Track your cycle: You may need to modify exercise intensity during flare-ups or menstruation

Avoid high-impact or high-abdominal pressure workouts (e.g., intense HIIT, crunches, long-distance running during flares)