

PELVIC FLOOR EXERCISES

Benefits: Helps prevent incontinence and prolapsed uterus or bladder. Improve posture and may prevent or reduce back pain.

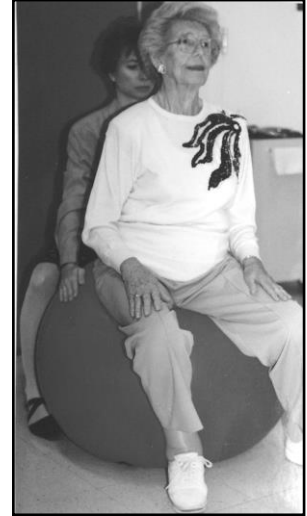
1. CONSCIOUS PELVIC FLOOR PULL-UPS

Action:

Pull your pelvic floor muscles “up and in” as if you’re waiting in line to go to the bathroom. Hold for a count of 5 to 10 seconds. Let go gradually. Repeat 5-10 times 2-4 times per day.

Level of difficulty:

- 1) lying down
- 2) sitting, standing
- 3) walk, cough, up from chair



2. BALL, CUSHION EDGE PELVIC FLOOR “PULL-UPS”

Action:

Sit on therapy ball or edge of cushioned seat so you can feel your pelvic floor tissue resting on the surface. Use your pelvic floor muscles to “pull up” the tissues from the sitting surface as you rock forward slightly. Hold for a few seconds, then roll back without letting the floor “drop”. Relax and repeat 3-10 times.

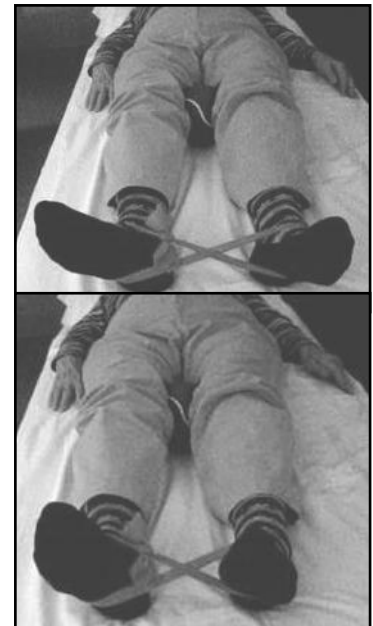
3. BACK-LYING LEG ROLLS

Action:

While lying on your back with your legs straight, slowly roll your legs outward and inward, while pulling your pelvic floor muscles “up and in” as if you’re waiting to go to the bathroom.

Level of difficulty:

- 1) Active assist (someone else helps your legs move)
- 2) Active (doing it yourself without resistance)
- 3) Active resist
 - a. Resisting someone pulling the opposite direction on your ankles
 - b. Figure 8 stretchy band around your feet resisting roll-outs
 - c. Firm foam “soccer ball” between knees resisting roll-ins



4. BALL SQUEEZES

Action:

Pull your pelvic floor muscles “up and in” and squeeze a 6-10 inch ball between your knees.

Level of difficulty:

- 1) Lying on back with knees bent, lift your buttocks to “bridge” without losing the ball.
- 2) Getting up and down from a chair without losing the ball.

