

# Exercises For The Pelvic Floor

## THESE EXERCISES

The following is a guide to exercises that will help engage and strengthen your pelvic floor muscles. Strengthening these will not only help in reducing urinary leakage, or incontinence, but will also help you to engage your core muscles which helps to reduce back pain and improve posture.

You can discuss these exercises with your therapist before starting. Exercises should not be painful. Once you have learnt how to engage your pelvic floor more advanced exercises can be prescribed by your physical therapist.



## Contract Your Pelvic Floor:

### Lying

Lie down comfortably and relaxed. You can bend your knees if you wish.



### Sitting

Sit comfortably on a chair with your knees hip distance apart. Breathe normally.




### Standing

Stand comfortably with upright posture and feet hip distance apart. Breathe normally.



On exhalation, squeeze the muscles around your bladder and anus, and imagine you are trying to stop yourself from passing urine and passing wind at the same time. The feeling is one of a slight squeeze and lift around your front and back passage. Hold the contraction for the required length of time, and then relax your bladder and anal sphincter muscles. Try to avoid holding your breath, squeezing your legs together or tightening your buttocks. This will help to integrate and strengthen your pelvic floor muscles from front to back.

SETS	REPS
 <b>Video:</b> <a href="https://youtu.be/fDWxE_1-kl4">https://youtu.be/fDWxE_1-kl4</a>	

SETS	REPS
 <b>Video:</b> <a href="https://youtu.be/DsoV5blqKuU">https://youtu.be/DsoV5blqKuU</a>	

SETS	REPS
 <b>Video:</b> <a href="https://youtu.be/lx_RTHcrZT8">https://youtu.be/lx_RTHcrZT8</a>	

## Pelvic Floor Contraction:

### Four Point Position

Sit on your heels. Bring yourself onto your hands and knees.



SETS	REPS
 <b>Video:</b> <a href="https://youtu.be/18nFMealAsA">https://youtu.be/18nFMealAsA</a>	

### Knee-Chest Position

Sit on your heels. Bring yourself onto your elbows and knees. Then rest your head onto the backs of your forearms.



SETS	REPS
 <b>Video:</b> <a href="https://youtu.be/HHyJ746J8KY">https://youtu.be/HHyJ746J8KY</a>	

Once in position, inhale and lift your pelvic floor muscles, drawing them up towards your naval. Hold them tight while exhaling and inhaling once. Then release them gradually with your next exhalation. Repeat as required. This exercise will help strengthen your pelvic floor muscles.

## Contract Your Pelvic Floor During Sex

During sexual intercourse, you can contract your pelvic floor muscles. One way (if you are female) is to squeeze your partner's penis. Hold the contraction for the required length of time, and relax. As a variation, you may wish to hold the squeeze for longer time lengths, or vary the speed of the contractions of your pelvic floor muscles.



SETS	REPS
 <b>Video:</b> <a href="https://youtu.be/O_4hTfgqxlx">https://youtu.be/O_4hTfgqxlx</a>	

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