



Pelvic Floor Muscle Awareness Exercises – Contract Relax

Begin pelvic floor exercise training with an empty bladder.

1. Always warm your muscles before exercising. Continue relaxed breathing throughout the exercise and do not force any part of the movement.
2. Start from a position of lying on your back with knees bent and feet flat on a mat on the floor. If this is uncomfortable, place a small pillow under your hips.
3. Tighten the pelvic floor as if attempting to stop urine flow or hold back gas. Hold for 3 to 5 seconds and relax for at least the same length of time.

Alignment: Keep gluteals (buttocks) and abdominal muscles relaxed. Only contract pelvic floor muscles and continue normal breathing.

Modification: Quick Contractions: Perform quick, repeated contractions of the pelvic floor muscles while maintaining a normal breathing rate and keeping gluteals and abdominal muscles relaxed.

Pelvic Floor Muscle Awareness Exercises – “Elevator”

1. Always warm your muscles before exercising. Continue relaxed breathing throughout the exercise and do not force any part of the movement.
2. While seated, imagine riding in an elevator. As the elevator goes up from one floor to the next, contract the pelvic floor muscles a little more.
3. Gradually relax the pelvic floor muscles as if the elevator were descending one floor at a time

Alignment: Keep gluteals (buttocks) and abdominal muscles relaxed. Only contract pelvic floor muscles and continue normal breathing.