



PELVIC FLOOR EXERCISES



Important: Ensure you contract all muscles in your pelvic floor – front and back – as you exhale and move– relax on your in breath

- 1) **Seated Pelvic tilt with raised arms** (ideally on stability ball but if not a kitchen/dining room chair). Ensure your feet are hip width apart and you're at right angles at your hips and knees. As you exhale roll forwards slightly on the ball tilting your pelvis and pushing through the heels of your hands to the ceiling. Roll back and lower your arms as you inhale
- 2) **Seated Pelvic tilt with marching legs**. Stay in your forward position and slowly march alternate legs as you exhale
- 3) **Seated ball squeeze** (again ideally on a stability ball and using a small Pilates ball but a chair and a cushion can work well too). Take your feet slightly wider than hip width apart and place the ball or cushion between your knees. As you exhale squeeze your knees together pulling up through your pelvic floor and release as you inhale.
- 4) **Seated leg stretch** (again ideally on a stability ball and using a resistance band but a chair and a pair of tights can work well too). Feet are back hip width apart. As you exhale let your legs press out and if possible raise your arms overhead pushing through the heels of your hands. Release as you inhale
- 5) **Lying ball squeeze** (ideally on a stability ball so the stability ball is under your head, neck and upper back and your hips are pressed up, holding your body in a straight line. Place the ball between your knees and as in the seated position your feet are slightly wider than hip width. As you exhale squeeze and release as you inhale. You can also do these lying on your back with your knees in the air or in a hip raise position
- 6) **Squat Squeezes**. Ideally using your Pilates ball, as you squat squeeze the ball between your hands and exhale pulling up through your pelvic floor.

Daily Prescription:

- Pick at least 2 exercises each day and perform 10 reps, 10 pulses and hold for 10 seconds. 1-5 get gradually harder so start with 1 and 2 and work your way up.