Pelvic Floor Exercises

Supine Diaphragmatic Breathing With Pelvic Floor Strengthening



1. Start by lying flat on your back with your knees bent and feet flat on the floor. Place one hand on your chest and one hand on your stomach.
2. As you exhale, contract your pelvic floor muscles. As you inhale, allow your pelvic floor muscles to relax and lengthen.
3. Make sure your breaths are expanding your stomach, not your chest. You should feel your ribs expand out to the side during the inhale.

Perform 1 minute rounds 3 to 5 times per day.

Quick Pelvic Floor Contractions



In hook lying position (on your back with feet flat on floor/bed.)

1. As quickly as you can while still performing strong contractions, contract your pelvic floor hold for 1 second, then release.
2. Perform as many as possible with strong contractions.

Perform 3 sets 1 to 2 times per day.

Step up With Pelvic Floor Contraction



1. Start by standing straight up with a step in front of you.
2. Contract your pelvic floor muscles.
3. Step up onto the step with one foot at a time.
4. Step back off leading with the same foot you stepped on with first.
5. Relax your pelvic floor between repetitions.

Perform 3 sets of 10 repetitions 1 time per day.

Bridge With Pelvic Floor Contraction and Resistance Band



1. Start by lying on your back with knees bent, feet flat on floor and arms at your sides with palms down.
2. Wrap a band around your legs just above your knees.
3. Perform a pelvic floor contraction (kegel).
4. Engaging the abdominals and squeezing the buttocks, slowly lift your hips up toward the ceiling. Slowly lower them back down.

Perform 3 sets of 10 repetitions 1 time per day.