

**COMMENTS:**

For pelvic floor muscle and core (abdominal) training, squeeze/lift the pelvic floor muscles (“Kegel”) and tighten the abdominals whenever you breathe OUT. Relax the pelvic floor and the abdominals (“fill up the belly with air”) whenever you breathe IN. You can do this as an exercise by itself and/or add it to any of the exercises below.

**PELVIC TILT - SITTING - EXERCISE BALL**

*Breathe out when you slouch and in when you sit up tall. You can set a timer for 2 minutes and repeat the movements until it goes off or count the repetitions as listed.

Sit on a large exercise ball and place your hands on your hips. Next, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

Repeat 10 Times

Complete 2 Sets

Perform 1 Time a Day

**PELVIC TILT - LATERAL - SITTING - EXERCISE BALL**

*Breathe continuously as you move side to side. You can set a timer for 2 minutes and repeat the movements until it goes off or count the repetitions as listed.

Sit on a large exercise ball. Next, tilt your pelvis side-to-side. Your pelvis should tilt down on one side while it raises on the other side. Perform on one side and then the other side and repeat.

Move through a comfortable range of motion.

Repeat 10 Times

Complete 2 Sets

Perform 1 Time a Day



Ball Circles

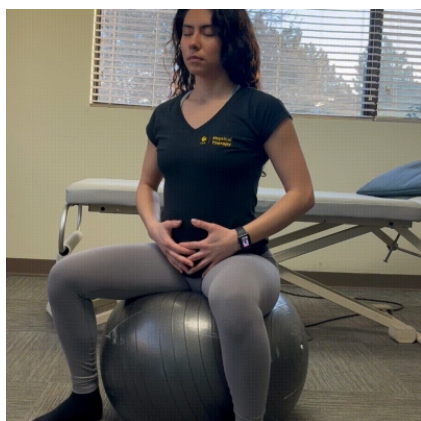
*Breathe continuously as you move your hips in a circle. You can set a timer for 1 minute for each direction and repeat the movement until it goes off or count the repetitions as listed.

Sit on the ball with upright posture. Rotate hips only in a circular motion both clockwise and counter clockwise.

Repeat 10 Times

Complete 2 Sets

Perform 1 Time a Day



Pelvic Floor Drops on Stability ball or towel roll.

*You can set a timer for 2 minutes and repeat the movements until it goes off or count the repetitions as listed.

- Sit on a stability ball OR place a rolled up towel under your perineum. This soft surface gives you feedback to feel your pelvic floor more.

- As you inhale, expand your rib cage and abdomen. VISUALIZE your pelvic floor muscles dropping down and letting go.

- As you exhale, your diaphragm and pelvic floor will naturally rise up on their own, so you don't need to think about this. Exhale naturally.

Continue to focus on your INHALES, and see if you can feel your pelvic floor dropping down slightly. This is very subtle and you may not feel it at first.

A cue I like to use is, "Breathe into your holes!" --> This means that when you inhale, try to imagine you trying to expand your vaginal opening and anus.

Repeat 10 Times

Complete 2 Sets

Perform 1 Time a Day



Seated Hip ABDUCTION with TheraBand

SEATED BILATERAL HIP ABDUCTION WITH THERABAND

*Breathe out when you push your knees apart and in when you relax. You can set a timer for 2 minutes and repeat the movements until it goes off or count the repetitions as listed.

Starting in a sitting position with good posture with back upright, away from back of chair. Bring knees and feet together and wrap THERABAND around both knees.

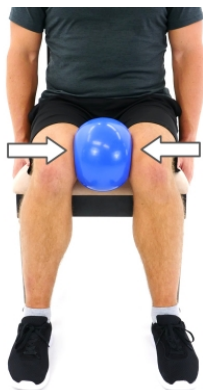
Keeping feet together, slowly move knees out to either side to separate your legs. SLOWLY return knees back to starting position, with knees together.

Complete 10-12 repetitions (increasing to 15 and then 20 reps if exercise is too easy). If exercise is still too easy, use DARKER colored theraband (least resistance-Red>Green>Blue>Black-most resistance).

Repeat 10 Times

Complete 2 Sets

Perform 1 Time a Day



HIP ADDUCTION BALL SQUEEZE - SEATED

*Breathe out when you squeeze the ball and in when you relax. You can set a timer for 2 minutes and repeat the movements until it goes off or count the repetitions as listed.

While sitting, place a ball between your knees. Squeeze the ball with your knees and hold. Relax and repeat.

Repeat 10 Times

Complete 2 Sets

Perform 1 Time a Day



Seated PPT Dead Bug

*Breathe out when you lift one arm and the opposite leg and in when you set them back down. Repeat and lift the other arm and leg. You can set a timer for 2 minutes and repeat the movements until it goes off or count the repetitions as listed.

- Sit at edge of chair or firm surface with feet flat on floor
- Place hands on hips and palpate for pelvis
- Using deep core muscles, rotate your hips upwards towards your ribs
- Your back should flatten and stomach push out
- Do not compensate with chest or shoulders
- Maintain core contraction and alternate opposite arm and opposite leg lifting not allowing body to sway side to side
- Hold for designated time

Repeat 10 Times

Complete 2 Sets

Perform 1 Time a Day



Pelvic Tilt (Standing)

*You can just rest in this position or repeat the movement. You can set a timer for 2 minutes either way, and repeat the movements (if desired) until it goes off or count the repetitions as listed.

Standing at wall, feet about 12 " away from the wall, flatten low back into the wall and hold 10 seconds. X 5 to 10

Repeat 10 Times

Complete 2 Sets

Perform 1 Time a Day



Deep Squat (Malasana)

*If you cannot squat this low without holding onto something, it's okay to use a countertop for assistance/support. Simply squat as low and as wide as you can, pushing your knees gently out to the side. Try holding this position for about 10 seconds and repeat 5 to 10 times as tolerated. 1 time a day. Remember to breathe intentionally as you do this (in other words, don't hold your breath!).



Frog Pose - Adductor/Pelvic Floor Stretch

Rest in this position for 1-2 minutes as tolerated. Focus on your breathing as you do so for relaxation.

While on your hands and knees, widen your knees out as far as you comfortably can.

Then rock your hips back so that your butt is towards your heels. Then, you can either stay leaning on your hands or you progress to resting down on your forearms.

In this position, you should feel a stretch on the inside of your thighs into the groin and perineum.

This is also a great position to practice relaxing and lengthening the pelvic floor by taking 10 deep inhalations, remembering to lengthen the pelvic floor out on the inhale.

Perform 1 Time a Day



BUTTERFLY STRETCH

While in a sitting position, bend your knees and place the bottom of your feet together.

Next, slowly let your knees lower towards the floor until a stretch is felt at your inner thighs.

Repeat 3 Times
Complete 1 Set

Hold 30 Seconds
Perform 1 Time a Day



PREGNANCY CHILD'S POSE OVER BALL

Kneel down with your chest and arms supported by the ball and knees spread apart. Slowly bring your buttocks towards your feet until a stretch is felt along your back and or buttocks.

For a deeper stretch, straighten your arms over the ball.



Hold this position for 1 min and take relaxing breaths while you're there.

Perform 1 Time a Day



Cat Cow

*Breathe in for the top picture (cow) and out for the bottom picture (cat) □

*You can set a timer for 2 minutes and repeat the movements until it goes off or count the repetitions as listed.

Position yourself on your hands and knees with your hands placed under your shoulders and your knees directly under your hips. Slowly round your back up towards the ceiling and then arch your back down by pulling your abdomen towards the floor.



Repeat 10 Times

Complete 2 Sets

Perform 1 Time a Day



Seated Isometric Crunch

*Breathe out when you press the ball (like you're doing a crunch without moving). You can set a timer for 2 minutes and repeat the movements until it goes off or count the repetitions as listed.

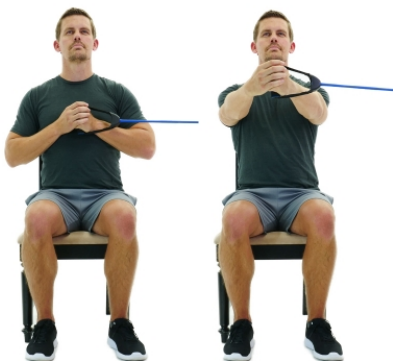
Perform the exercise in a seated position with the ball on top of your knees. You will upright posture, while engaging your abdominals as you push against the ball.

Note: you can increase difficulty by holding both feet off of the ground and maintaining throughout set.

Repeat 10 Times

Complete 2 Sets

Perform 1 Time a Day



PALLOF PRESS - SEATED

*Breathe OUT each time you straighten your arms. Do this for 1-2 minutes on each side or for the recommended repetitions listed.

Sit in a chair or an exercise ball. Hold an elastic band, cord or pulley against your chest with it attached to the side. Next, slowly extend your arms forward and then back. Do not allow your body to rotate the entire time.

Repeat 10 Times

Complete 2 Sets

Perform 1 Time a Day