



## FUNCTIONAL PELVIC FLOOR EXERCISES

These exercises are designed to help you use your pelvic floor muscles during common activities that stress the bladder. The purpose of these exercises is to practice enough that it becomes second nature to use your pelvic floor muscles with these activities.

### THE EXERCISES

Practice these techniques with your therapist before trying them at home. These exercises should not cause any pain or discomfort. Talk to your therapist if you have any difficulty or pain with these exercises.

If you have a vaginal weight or a biofeedback sensor, it would be helpful for you to place it internally while performing these exercises. When you perform the pelvic brace, the sensor or weight should stay in place. The weight or sensor can help you feel if you are correctly contracting the muscles.

### WALKING

- Stand straight and upright with a neutral spine
- Do the pelvic brace while you walk for \_\_\_\_ minutes.

### STAIR STEPPING

- Stand straight and upright as you go up or down stairs.
- Do the pelvic brace while you use a the flight of stairs
- Repeat this exercise \_\_\_\_ times



## MINI SQUATS

- Place your feet shoulder width apart with your knees over your toes.
- Bend both knees at the same time and do a “mini” squat.
- As you return to a standing position, do a pelvic brace.
- Repeat this exercise \_\_\_\_\_ times.



## LUNGES

- Place one foot in front of the other as if you were going to take a large step.
- Do a pelvic brace then bend your knees about one-third to half way to the floor as if you were doing a squat. As you return to a standing position, maintain the brace.
- Repeat this exercise \_\_\_\_\_ times with each foot forward.



## LIFTING

- Place a lightweight object of \_\_\_lbs. on a table or the floor.
- Place your feet shoulder width apart and keep your back straight.
- Do a pelvic brace, bend your knees to reach the object, hold the pelvic brace while you lift.
- Repeat \_\_\_\_\_ times.

