

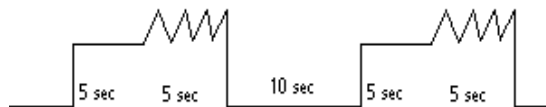
## ADVANCED PELVIC FLOOR EXERCISES

Now that you have become more aware of your pelvic floor muscles, it is time to try some exercise variations. These exercises will give you additional ways to challenge the pelvic floor muscles to gain the strength and endurance you need for bladder and bowel control.

### THE COMBINATION EXERCISE – Endurance and Quick Contractions Together

- Tighten the pelvic floor muscles and continue to hold them for 5 seconds then build on that contraction by adding quick maximal contractions 3-4 times.
- The entire contraction should last 10 seconds, with a 10-second relaxation between each effort.
- Repeat this exercise \_\_\_\_ times \_\_\_\_ times per day.

If you practiced with biofeedback it would look like this.



### THE STAIR EXERCISE – For Control

This exercise allows you to practice control of your pelvic floor muscles by slowly relaxing them back to the resting position rather than quickly letting them go.

- Tighten the pelvic floor muscles (Kegel exercise) maximally and continue to hold them for 5 seconds, then partially relax (about 50%) and hold at that level for 5 seconds and then relax completely. The entire contraction should last 10 seconds, with a 10-second relaxation between each effort.
- Repeat this exercise \_\_\_\_ times \_\_\_\_ times per day.

If you practiced with biofeedback it would look like this.

