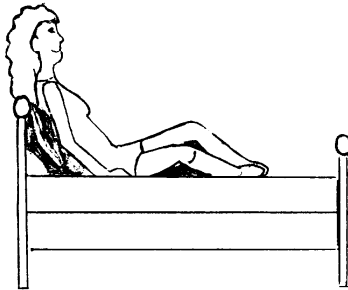


## PELVIC FLOOR AND ACCESSORY MUSCLE EXERCISES

These exercises are designed to help strengthen the muscles of the pelvic floor, buttocks, inner thighs, and abdomen and to help encourage these muscles to work together. Working the muscles together as a team can help build pelvic floor strength and endurance. If you experience pain in your knees or any other area, stop immediately and consult your health care provider.

**RECLINING** - Begin by getting comfortable in either a seated or reclined position in bed. Place a pillow under your knees and bend your knees slightly. Put your heels together as shown in the diagram.

- Contract your pelvic floor muscles and then hold them as you tighten your lower abdominal muscles (the pelvic brace). Hold this and continue the exercise by gently push your heels together. Finally, contract your buttocks muscles.
- Hold all the muscles while counting out loud for \_\_\_\_ seconds.
- Repeat this exercise \_\_\_\_ times \_\_\_\_ times per day.



**SITTING** - In a chair with good support and your feet flat on the ground  
 Inner Thigh – Place a pillow or ball between your knees

- Lift up and in with pelvic muscles while you bring your knees together
- Hold while counting out loud to 10
- Release and relax for 10 counts. Repeat this exercise \_\_\_\_ times

Buttocks

- Lift up and in with your pelvic muscles
- Roll your legs out against resistance from your hands
- Hold and count out loud to 10
- Release and relax for 10 counts. Repeat this exercise \_\_\_\_ times

**STANDING** - Stand nearby a support with feet hip width apart and toes pointed slightly outward as instructed by therapist.

Mini Squats

- Slightly bend knees over your toes
- Exhale, tighten the pelvic floor muscles and belly muscles (pelvic brace), squeeze the buttocks, and maintain the knees pointed out over the toes as you return to standing
- Repeat this exercise \_\_\_\_ times