

PELVIC FLOOR EXERCISES

1. Sit up as tall as you can like someone is pulling you up by the hair

2. Practise diaphragmatic breathing in this sitting position. You should feel your upper stomach rise on breath in and fall on breath out. Do not try to take bigger breaths – just quiet, comfortable breathing

3. When you have developed good control and form from your diaphragmatic breathing, try to take a diaphragmatic breath in and then engage your pelvic floor (muscles that stop you passing wind and urinating)

4. Practise a long slow breath out via pursed lips (like you are lightly blowing out candles) whilst you maintain your pelvic floor contracted

5. Maintain your pelvic floor contraction as long as you are able to, but stop if you have finished breathing out

6. Try and coordinate points 1-5 above with different activities such as sit to stand and stand to sit, pulling a band across your front etcetera

7. Try and use the points above for any lifting activity, whilst keeping your lower back in a slight concave posture

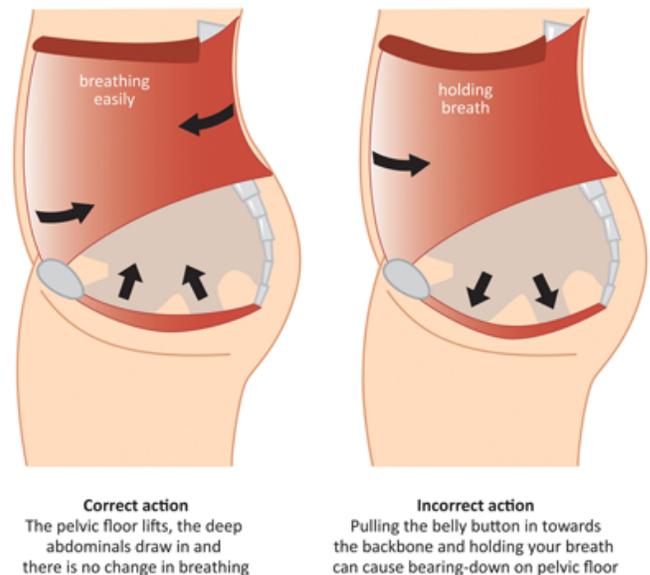
If you have any questions, please don't hesitate to contact us.

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PELVIC FLOOR MUSCLE CONTRACTION



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