

PF STRENGTHENING EXERCISES

THE PELVIC FLOOR - The 'DROP'

The pelvic floor should be held just a little up from its fully extended state in order to support the organs and pelvis. This is normal.

However it should be possible to easily [let these muscles go to a fully released or extended state at will](#). If this is not possible then the pelvic floor may be held in a raised or 'hypertonic' state even at rest. This can become problematic and even painful over time causing symptoms.

This part of the exercise series focuses on the pelvic floor drop.

The exercise

Lie on your back with your knees bent and feet supported or lying on your side.

Make an image of your pelvic floor as seen in the diagram here. Think of the muscles around the back passage and out to the hips i.e. not just to the front at the bladder.

Make sure that:

- Your stomach is completely soft and that you are not pushing your pelvic floor down or pushing your stomach out.
- Your chest is not lifting and make sure that you are not either breathing in or out just stay still with your breath.

Now simply let the muscles of your pelvic floor go – [the back passage goes backwards towards the coccyx](#) (base of spine) or the supporting surface that you are lying on. Think of opening at the back passage but not pushing. The muscles of the vagina open or the scrotum and penis drop. The bladder simply softens.

REMEMBER

[This can be impossible to feel at first](#) when the muscles have increased tone and the pelvic floor is held very taut.

The perception of the movement and the range of movement improves when the Sniff and the Flop are used at the same time bringing it all together as the Sniff Flop & Drop.

