

PF STRENGTHENING EXERCISES

ABDOMEN - The 'FLOP'

THE FLOP – an abdominal release

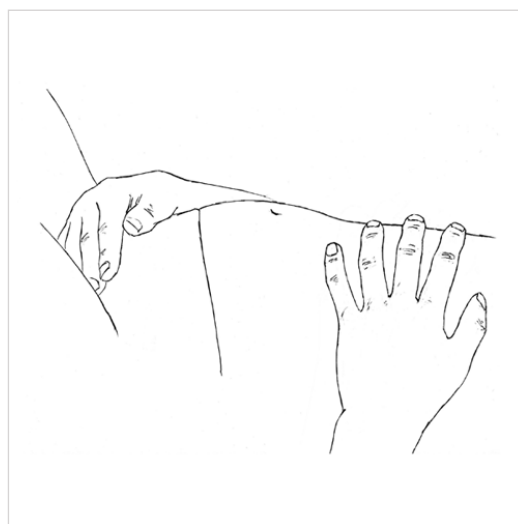
Lying down on your back with your knees bent. This can be counter intuitive because it does not easily flop up against gravity – nonetheless this is the idea!

Both hands are placed on the upper stomach at the level of where the ribs form a triangle up to the sternal bone. As you "SNIFF" inwards the diaphragm descends and the stomach fills up into the finger tips or flops out.

The stomach should be soft and flop out.

It is helpful to press into the stomach before you start to check that it is completely soft. Then having sniffed in to press into the stomach again to check that it has stayed completely soft. Stay with the stomach filled out like this for 3 seconds.

A correct flop will result in an effective drop of the pelvic floor.



CAREFUL!

If forced or performed incorrectly the flop will result in stomach tension instead of a soft release.

If you try too hard to release the pelvic floor by pushing the stomach out it will tense up. Feel for this with your finger tips.

REMEMBER

It is the upper stomach you should concentrate on mostly. You should NOT flatten the upper stomach in order to fill up the lower stomach but rather fill up the upper stomach and the lower stomach will automatically follow.

