

PF STRENGTHENING EXERCISES

FEMALE PF MUSCLE STRENGTHENING

Please notice the difference



Exercise Series: 10 repetitions, 3 times/day

Try a combination of exercises 3 times/day

Lie on your back with your knees bent (or if you prefer, lying on your side).
Later we will be progressing to sitting and upright and this is very important too.

THE EXERCISE BEGINS

Breathe (sigh) out before you start making sure that your lungs are completely empty.

Squeeze the pelvic floor in isolation, think of the back passage coming in from the back up and forwards towards the front to the bladder

- Squeeze at the back passage as if stopping yourself from passing wind
- Squeeze at the entrance to the vagina
- Squeeze as if stopping the flow of urine
- Make sure you don't lift your chest
- Make sure you don't squeeze your buttocks

Keep holding this for 5 seconds

DROP it back completely

Finish then with SNIFF FLOP & DROP

This has to be done WITHOUT any breathing
so that you can concentrate on the pelvic floor only

PROGRESS: When you can hold for 5 seconds, then progress on to 10

Breathe (sigh) out before you start making sure that your lungs are completely empty.

Squeeze the pelvic floor in isolation, think of the back passage coming in from the back up and forwards towards the front to the bladder.

- Squeeze at the back passage as if stopping yourself from passing wind
- Squeeze at the entrance to the vagina
- Squeeze as if stopping the flow of urine
- Make sure you don't lift your chest
- Make sure you don't squeeze your buttocks

Keep holding this for 10 seconds and breathe in and out to your chest, just quiet breaths while you hold the pelvic floor in.

DROP the pelvic floor completely.

Finish then with SNIFF FLOP & DROP.

ALSO, in parallel to the 10 seconds, try this:

Breathe (sigh) out before you start making sure that your lungs are completely empty.

Squeeze the pelvic floor in isolation, think of the back passage coming in from the back up and forwards towards the front to the bladder.

- Squeeze at the back passage as if stopping yourself from passing wind
- Squeeze at the entrance to the vagina
- Squeeze as if stopping the flow of urine
- Make sure you don't lift your chest
- Make sure you don't squeeze your buttocks

Hold the muscles into the end of range and then PULSE 5 times into the end of range OR hold into the end of range and drop quickly contract again quickly and drop quickly

DROP the pelvic floor completely

Finish then with SNIFF FLOP & DROP

Once after your five minutes breathing as a focused session
+ 2 more sets of 10 reps ON THE GO
i.e. sitting/standing over the course of the day

Pelvic floor strengthening is progressed by changing the position from lying to upright and then practicing in different positions with increased loading.

- This can be practicing pelvic floor exercise as a part of general exercise or by using exercise cones.
- Biofeedback units can be very beneficial.