



Daily Pelvic Floor Exercises

Quick-start guide to balancing the Pelvic Floor

| | How many? | How? | Tips | Warnings |
|-----------------------------|------------------------------|---|---|---|
| Calf Stretches | 5-10 minutes a day | <ol style="list-style-type: none"> 1. Place your hands on a chair and step your feet up onto a rolled towel. Your toes face forward. 2. Slowly straighten your knees. 3. Shift your weight into the back of your heels until you can lift all your toes. | Keep your weight even on both feet. Align your hips so one is not behind the other. Daily 2-3 times prepares you for safer squatting. | Keep your knees soft, though lengthened, so you don't overstretch your knee ligament. |
| Squats | 5-20 a day | <ol style="list-style-type: none"> 1. Hold a sturdy bar or sturdy doorknobs on either side of a door. 2. Aim your feet so both your second toes on each foot point straightforward. 3. Tip your hips so your buttocks aim back behind you, keeping your knees straight above your ankles. | Begin only after two weeks of daily calf stretches, unless you are already used to doing squats in this way. | Please don't do 50 squats in a row! Rather, squat throughout the day, 2-5 at a time at first. Be sure not to twist. |
| Kegels | 5-25 times for 10-20 seconds | <ol style="list-style-type: none"> 1. Locate the pelvic floor muscles by contracting the muscles around the urethra as if you were trying to hold back urine. 2. To locate the muscles, when your bladder is not full, stop and start the flow of urine several times. Once you know the muscles, don't practice during urination again. 3. Hold for 10-20 seconds. 4. Finish by relaxing your pelvic floor. Let your vulva lower slightly during an exhale to end with relaxation. | Begin playfully and learn your body. You'll get a good response if you do. | Don't do kegels without a deep relaxation of the pelvic floor afterward. This means, gently push your whole vulva out afterwards for 2-3 seconds. |
| Seated Ball Squeezes | 5 times twice a day | <ol style="list-style-type: none"> 1. Sit with knees bent, feet forward. 2. Place a medium sized (9"/x CM) children's ball or physio ball between your knees. 3. Exhale slowly, squeezing the ball with your knees while you exhale. 4. Inhale, relax legs but do not drop the ball. Squeeze with next exhale. 5. After 5 repetitions, move the ball to your thighs and repeat in this location. | This is excellent for stopping urinary incontinence and to help the front of your pelvis, your pubic bone, feel more comfortable and stable with pregnancy. | Don't use full-force. If you practice kegels be sure to do this so that the kegels don't shorten your pelvic floor defeating the benefit. |