



## Pelvic Floor Exercise Program

To be performed in the \_\_\_\_\_ position.

To be performed **1 2 3 4** times per day. Rest for at least 4 hours between each set.

**Holds:** Contract and hold **5 10** seconds, relax for **5 10** seconds. Repeat **10 15 20** times. Remember to isolate the pelvic floor muscles from the abdominals and buttock muscles. Breathe normally.

**Flicks:** Contract and relax **3 5 7 10** times in a row. Relax for **5 10** seconds. Repeat **5 10** times. Remember to isolate the pelvic floor muscles. *\*Do one extra set of Flicks per day in the seated position.\**

**Elevator exercises:** Perform elevator exercises. Use **3 4** levels and hold each level for 2 seconds. Begin with the elevator going up to the top level. Repeat **2 3** times. Then begin with the elevator at the top and going down. Repeat **2 3** times. Lastly, begin with the elevator going up and returning down. Repeat **2 3** times.

**Ball squeeze:** Place ball or pillow between knees. Squeeze and hold for **5 10** seconds. Rest for 5 seconds. Repeat **10 15** times.

**Rubberband pull:** Place rubberband around knees, with knees close together. Pull knees apart to shoulder width and hold **5 10** seconds. Rest for 5 seconds. Repeat **10 15** times.

**Balloons:** Pretend you are blowing up a balloon and blow for **5 10** seconds. Rest 5 seconds. Repeat **5 10** times. Next, perform balloons while on the toilet to empty the bladder or bowel. Pretend you are blowing up a balloon and blow for 5 seconds. Rest 5 seconds. Repeat until you feel bladder or bowel is empty.

**Relaxation Technique:** Sit in a comfortable chair. Relax the pelvic floor by thinking of "dropping the elevator to the basement," or "bearing down." Hold for **5 10** seconds. Rest **5 10** seconds. Repeat **5 10** times.