

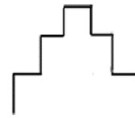
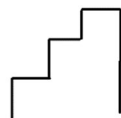
PELVIC FLOOR AWARENESS AND COORDINATION TRAINING

Basic pelvic floor activation engage all pelvic floor structures and movement planes (squeezing and lifting of the muscles around urethra, vagina and anus). Focus on isolated contraction – without activation of your abdominals, thighs and gluts. Avoid breath holding. Try the below-mentioned exercises. Initially do them in focused, isolated positions. As soon as your awareness improves and you gain more confidence, try doing them during your everyday activities. Are you able to feel or notice a certain muscle group or area f.ex. during dishwashing? Remember about muscle relaxation following each muscle contractions.

- Alternating squeeze force: try to activate your pelvic floor muscles very lightly (relax) then stronger (relax) then even stronger (relax)

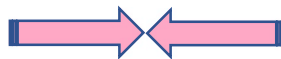


*PROGRESSION: stairs, podium



- Try to engage a certain pelvic floor sections:
 - Imagine „little glass ball” pulled in by your anal area
 - Imagine “ping-pong ball” sucked in by your vaginal area
 - Imagine a „raisin” being pulled in by your urethra and clitoris
- Try to engage a certain muscle layers/planes of movement:

- „closing/squeezing” / „closing a vice/sliding doors”/ bringing closer your sitz bones



- „lifting” an egg/ elevator moving up / bringing closer pubic symphysis and tail bone

