

Pelvic Floor Stretches

Pelvic floor muscle training exercises can help strengthen the muscles under the uterus, bladder, and bowel (large intestine). They can help both men and women who have problems with urine leakage or bowel control. These Exercises with also helps make the child birthing process easier and decreases chances of incontinence after childbirth while strengthens support for you baby while pregnant and will help prevent pelvic floor prolapse.

Find the right muscles. To identify your pelvic floor muscles, stop urination in midstream or tighten the muscles that keep you from passing gas. These maneuvers use your pelvic floor muscles.

Heel Sliding: Lying on your back, knees bent to tilt your pelvis backward. Hold your pelvic tilt (“bellybutton to backbone”) while you slide our heels away from your buttocks. Just before you lose your pelvic tilt, draw your knees back one at a time, to the point where your spine began to arch. Work in this range of motion until your abdominal muscles control your pelvic tilt with both legs outstretched. Modification: if sliding both legs is too difficult, just slide one heel down.



Supported Squat: Keeping feet as flat on the ground as possible, gently flex knees outward. Once they are comfortably abducted, scoop the pelvis forward and maintain this position for 5 to 10 seconds. Full relaxation should occur in between four and five of these movements.



Pelvic Tilt: This stretch can be done it two ways, on all fours and using a chair. This stretch with help strengthening your abdominal muscles and ease back pain especially through pregnancy and labor.

Start off on all fours on the floor or with your knees on the floor and forearms in the seat of a chair, with knees positioned slightly posterior (further back) and under your hips. Then Easing backward, stretch out the arms and move the pelvis backward above the knees. At no time should the back be allowed to extend downward. This can be repeated in a gentle rocking motion with slow, sustained stretches for three to four repetitions.



Sitting on a exercise ball: Sitting on an exercise ball is an excellent option while you perform your strength exercises. It will promote the activity of your deep abdominal muscles, support your pelvic floor, decrease the likelihood of symptoms as you exercise, and make it easier to feel your pelvic floor muscles working. We recommend that you sit on a ball for at least ten minutes a day.

Leg Lifts: Sitting on the ball in a loaded position, raise your right foot a few inches off the ground and bounce three times and then repeat on left leg. Keeping your weight centered on the ball repeat each leg three times without shifting your weight on the ball. You can modify this by tapping your foot down to the ground instead of bouncing it.



Toe Touches: Sitting in a loaded position on the ball tap your right toe, as far out in front of you as you can, to the floor then, in the same motion tap your toe to the side of you, and then move your foot back to rest in front of you. Repeat ten times alternating in between each leg keeping all your weight centered on the ball.

