

EXERCISES TO

STRENGTHEN

YOUR PELVIC FLOOR

MG



COMMON SIGNS OF A WEAK PELVIC FLOOR:

- URINARY INCONTINENCE
- FECAL INCONTINENCE
- PELVIC ORGAN PROLAPSE
- VAGINAL DRYNESS
- TROUBLE REACHING AN ORGASM
- TAMPON/MENSTRUAL CUP FALLING OUT
- INABILITY TO "SQUEEZE"
- PELVIC FLOOR VAGINAL FLATULENCE (QUEEFING)
- HEAVINESS IN THE VAGINA
- FEELING OF FULLNESS IN THE VAGINA
- PELVIC PAIN
- LOW BACK PAIN
- HIP PAIN
- TAILBONE PAIN

COMMON CONTRIBUTING FACTORS:

- OBESITY
- PREGNANCY
- CHILDBIRTH
- POOR POSTURE
- BUTT CLENCHING
- LOW BACK PAIN
- LAXITY DISORDER
- CONSISTENT STRAINING ON PELVIC FLOOR
- CHRONIC COUGH
- OVERALL WEAKNESS
- OTHER PELVIC DYSFUNCTIONS

WHAT DOES IT MEAN TO HAVE A WEAK PELVIC FLOOR?



THE MUSCLES OF THE PELVIC FLOOR ARE JUST LIKE ANY OTHER MUSCLE OF THE BODY. THEY SHORTEN AND LENGTHEN AS WE PURPOSEFULLY TRY TO CONTRACT THEM AND RELAX THEM AND AS WE MOVE.

SO OF COURSE IT CAN GET WEAK LIKE ANY OTHER MUSCLE! DOING EXERCISES TO STRENGTHEN THE PELVIC FLOOR CAN HELP TO IMPROVE FUNCTION AND USE AND CAN HELP YOU FEEL MORE STABLE OVERALL.

DID YOU KNOW.....THE PELVIC FLOOR CAN BE TIGHT AND WEAK? IF THE MUSCLES ARE CONSTANTLY IN A SHORTENED POSITION (TIGHT) THEN THEY CANNOT FULLY LENGTHEN. OVERTIME, THIS CAN CAUSE THE MUSCLES TO BECOME WEAK. THE EXERCISES LISTED HERE ARE MEANT TO HELP WITH FULLY LENGTHENING THE PELVIC FLOOR AND RELAXING TENSION!

MG

SO JUST DO KEGELS....RIGHT??

NOT SO FAST...

KEGELS ARE NOT BAD! BUT THERE ARE MORE OPTIMAL EXERCISES THAT ENGAGE THE PELVIC FLOOR BETTER THAN DOING KEGELS ALONE.

WHAT IS A KEGEL?

- A KEGEL IS SIMPLY A PELVIC FLOOR CONTRACTION. IT IS A SQUEEZE AND A LIFT. CUES THAT HELP TO CONTRACT THE PELVIC FLOOR:
- THINK OF STOPPING THE FLOW OF PEE AND ALSO NOT ALLOWING GAS TO ESCAPE. THEN THINK OF SUCKING IT BACK UP.
- IMAGINE YOU ARE SUCKING UP A BLUEBERRY OFF THE FLOOR THROUGH A STRAW INTO YOUR VAGINA.
- IF THERE WAS A STRING ATTACHED TO YOUR PELVIC FLOOR AND RUNNING OUT THE TOP OF YOUR HEAD, IMAGINE GRABBING THE STRING WITH YOUR VAGINA AND IT BEING PULLED UPWARD OUT THE TOP OF YOUR HEAD
- SIT IN A STRADDLE ON A YOGA BLOCK OR PILLOW TO WHERE YOUR PERINEUM IS TOUCHING THE SURFACE. THINK OF STOPPING THE FLOW OF PEE/GAS AND LIFTING AWAY FROM THE SURFACE (BUT NOT SQUEEZING LEG MUSCLES OR GLUTES)

SO SHOULD WE DO KEGELS?

- IT'S GOOD TO MAKE SURE YOU KNOW HOW TO CONTRACT THE PELVIC FLOOR BY DOING A KEGEL. BUT WE WANT TO REMEMBER THAT LENGTHENING THE MUSCLES ARE JUST AS IMPORTANT. WE WANT FULL RANGE OF MOTION OF THE PELVIC FLOOR.
- WHEN PRACTICING PELVIC CONTRACTION, IT'S BEST TO PAIR IT WITH DIAPHRAGMATIC BREATHING (FULL INHALE 360 DEGREES AND INTO PELVIC FLOOR, THEN A FULL EXHALE PERFORMING THE KEGEL FIRST AND THEN ENGAGING THE DEEP CORE).
- THERE ARE MANY EXERCISES THAT STRENGTHEN THE PELVIC FLOOR BETTER THAN KEGELS ALONE...SO KEEP SCROLLING DOWN!

MG

4 EXERCISES TO STRENGTHEN THE PELVIC FLOOR

WITH EACH OF THESE EXERCISES, FOCUS ON DEEP DIAPHRAGMATIC BREATHING. YOUR INHALE SHOULD BE 360 DEGREES AROUND AND GENTLY DOWN INTO YOUR PELVIC FLOOR. VISUALIZE YOUR PELVIC FLOOR MUSCLES OPENING SOFTLY ON THE INHALE, LIKE A FLOWER UNFOLDING. ON THE EXHALE, THINK OF STOPPING THE FLOW OF PEE/GAS AND SUCKING IT BACK UP...FOLLOW THIS WITH A DEEP CORE CONTRACTION FOR A FULL DIAPHRAGMATIC BREATH. DO EACH EXERCISE FOR 10 REPS (IF SINGLE LEG DO 10 EACH LEG) FOR 3 ROUNDS. 3X10



Bridges

BRIDGES ARE MORE EFFECTIVE AT WORKING THE PELVIC FLOOR THAN KEGELS ALONE. EXHALE AS YOU LIFT UP INTO BRIDGE. INHALE BACK DOWN.

Lunge

LUNGES ARE MORE EFFECTIVE AT WORKING THE PELVIC FLOOR THAN KEGELS ALONE. INHALE AS YOU GO DOWN, EXHALE AS YOU PUSH UP.



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Bird dog

THE BIRD DOG IS MORE EFFECTIVE AT WORKING THE PELVIC FLOOR THAN KEGELS ALONE. INHALE AS YOU EXTEND YOUR OPPOSITE ARM AND LEG OUT AND EXHALE AS YOU DRAW YOUR KNEE INTO ARM.

Squat

SQUATS ARE MORE EFFECTIVE AT WORKING THE PELVIC FLOOR THAN KEGELS ALONE. EXHALE TO LIFT UP, INHALE AS YOU GO DOWN. KEEP PELVIC FLOOR AND DEEP CORE ENGAGED AND DO BIG INHALES AND EXHALES.



IF YOU NEED MORE GUIDANCE AND HEALING,
MOTHERGOOD OFFERS INDIVIDUALIZED ONLINE
SUPPORT TO HELP YOU HEAL AND ADDRESS YOUR
PELVIC HEALTH NEEDS.

TO REGISTER:

TO REGISTER, SIMPLY FILL OUT THE REGISTRATION FORM
UNDER "INDIVIDUAL POSTPARTUM RECOVERY SESSION".

SHORTLY AFTERWARDS YOU WILL BE CONTACTED BY A MEMBER
OF OUR TEAM REGARDING A FREE CONSULTATION CALL WHICH
WILL HELP DETERMINE YOUR SPECIFIC RECOVERY NEEDS AND
DISCUSS AN INDIVIDUALIZED EXERCISE PROGRAM.

REMEMBER MAMA, YOUR POSTPARTUM RECOVERY IS
EXTREMELY IMPORTANT, SO PLEASE PRIORITIZE YOUR HEALTH
BY GETTING THE SUPPORT YOUR BODY NEEDS TO HEAL AND
FUNCTION OPTIMALLY FOR BOTH YOU AND BABY!



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