ENGAGING IN REGULAR PELVIC FLOOR EXERCISES, LIKE KEGELS AND OTHER RELEVANT ACTIVITIES, CAN HELP IMPROVE THE STRENGTH AND FUNCTION OF THESE MUSCLES. FOR WOMEN & MEN.



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PELVIC FLOOR

The pelvic floor refers to a group of muscles, ligaments, and connective tissues that form a supportive hammock-like structure at the bottom of the pelvis. It spans the area from the pubic bone in the front to the tailbone in the back, and from one sitting bone to the other. The pelvic floor muscles play a crucial role in various bodily functions, and keeping them strong and functional is important for overall health and well-being.

It is important to note that pelvic floor exercises are not exclusive to women. Women experience more issues due to child birth and how their genitalia is designed, but men can, and do suffer with weakened pelvic floor muscles so should also follow these protocols.

FUNCTIONS OF THE PELVIC FLOOR MUSCLES:

Support: The pelvic floor provides support for the organs located in the pelvis, including the bladder, uterus (in women), and rectum. It helps prevent these organs from descending or prolapsing.

Continence: Strong pelvic floor muscles are essential for maintaining urinary and fecal continence. They help control the release of urine, bowel movements, and gas by contracting and relaxing as needed.

Sexual Function: Properly functioning pelvic floor muscles are involved in sexual arousal, sensation, and orgasm. They play a role in maintaining vaginal tone and enhancing sexual satisfaction.

Stability: The pelvic floor muscles are part of the core muscle group that provides stability for the spine and pelvis. A strong core is important for maintaining proper posture and preventing back pain.

Pregnancy and Childbirth: During pregnancy, the pelvic floor muscles support the growing uterus. Strengthening these muscles can aid in labor and postpartum recovery.

Importance of Keeping the Pelvic Floor Strong:

Preventing Incontinence: Weak pelvic floor muscles can lead to urinary or fecal incontinence, where you might experience leaks when you cough, sneeze, laugh, or engage in physical activity. Strengthening these muscles can reduce the risk of these issues.

Supporting Organ Health: Maintaining pelvic floor strength helps prevent organ prolapse, a condition in which the organs shift downward due to weakened pelvic support. Prolapse can cause discomfort and other health concerns.

Enhancing Sexual Health: Strong pelvic floor muscles contribute to improved sexual sensation and function. They can lead to better orgasmic response and increased sexual confidence.

Posture and Core Stability: A strong pelvic floor is part of a strong core, which is essential for maintaining good posture, balance, and overall stability.

Aiding Pregnancy and Recovery: Strengthening the pelvic floor before and after pregnancy can support the growing uterus and aid in postpartum recovery.

Aging Well: As we age, the pelvic floor muscles can weaken, leading to various health challenges. Strengthening them can help maintain an active and independent lifestyle

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- SIT OR LIE DOWN COMFORTABLY.
- IMAGINE THAT YOU ARE TRYING TO STOP THE FLOW OF URINE OR PREVENT PASSING GAS.
- SQUEEZE AND LIFT THE PELVIC FLOOR MUSCLES (THE MUSCLES USED TO STOP THE FLOW OF URINE) AS STRONGLY AS YOU CAN.
- HOLD THE CONTRACTION FOR 5-10 SECONDS, THEN RELAX FOR 5-10 SECONDS.
- REPEAT THIS CYCLE 10-15 TIMES.

YOU CAN DO THIS EXERCISE ANYWHERE, NOT JUST LAYING DOWN. ONCE YOU HAVE MASTERED THE MOVEMENT IT IS EASY TO DO WHILST SITTING AT YOUR DESK, DRIVING YOUR CAR OR EVEN GOING FOR A WALK.



HOW TO ACTIVATE THROUGH YOUR PELVIC FLOOR



KEGELS: HOW TO DO KEGEL EXERCISES, AND WHY THEY WORK



KEGEL EXERCISES -BEGINNER FRIENDLY!



- LIE ON YOUR BACK WITH YOUR KNEES BENT AND FEET FLAT ON THE FLOOR, HIP-WIDTH APART.
- KEEP YOUR ARMS BY YOUR SIDES.
- INHALE, THEN EXHALE AS YOU LIFT YOUR HIPS OFF THE FLOOR, ENGAGING YOUR GLUTES AND PELVIC FLOOR MUSCLES (THAT FEELING OF HOLDING YOUR PEE AS DESCRIBED ON THE PREVIOUS PAGE)
- FEEL LIKE YOU ARE DRAWING YOUR BELLYBUTTON TO THE FLOOR
- HOLD FOR A FEW SECONDS, THEN LOWER YOUR HIPS BACK DOWN.
- REPEAT 10-15 TIMES.

TO ADVANCE THIS EXERCISE YOU CAN TAKE THE ARMS BACK OVER YOUR HEAD TO THAT THE TOPS OF YOUR ARMS ARE ON THE FLOOR. TO SCALE THIS UP FURTHER, YOU CAN MOVE THE ARMS BACK AND FORTH WITH YOUR BREATH - OVER HEAD ON YOUR IN HALE, BACK TO YOUR SIDES ON THE EXHALE



PELVIC HEALTH EDUCATION BRIDGE EXERCISE



GLUTE BRIDGE EXERCISE - THE CORRECT WAY OF DOING IT



- STAND WITH YOUR FEET HIP-WIDTH APART AND YOUR TOES SLIGHTLY TURNED OUT.
- KEEP YOUR BACK STRAIGHT AND ENGAGE YOUR CORE MUSCLES.
- LOWER YOUR BODY INTO A SQUAT POSITION BY BENDING YOUR KNEES AND PUSHING YOUR HIPS BACK.
- AS YOU SQUAT, FOCUS ON ENGAGING YOUR PELVIC FLOOR MUSCLES STOPPING THAT PEE & DRIVING YOUR BELLYBUTTON TO YOUR SPINE.
- RETURN TO THE STARTING POSITION BY PUSHING THROUGH YOUR HEELS.
- REPEAT 10-15 TIMES WITH

IF YOU WANT TO PROGRESS THIS MOVEMENT YOU CAN EITHER ADD SOME WEIGHT - HOLD A DUMB BELL/ DUMB BELLS, OR YOU CAN ADD A TEMPO, DOWN FOR 3, HOLD FOR 3, UP FOR 1.



PELVIC FLOOR EXERCISES - PELVIC FLOOR CONTRACTION SQUATTING



SQUATTING WITH PELVIC FLOOR EXERCISES TO IMPROVE PELVIC FLOOR FUNCTION

EXERCISE 4: Flutter Licks

- LIE ON YOUR BACK WITH YOUR ARMS BY YOUR SIDES AND LEGS EXTENDED.
- LIFT YOUR LEGS A FEW INCHES OFF THE GROUND.
- ALTERNATE LIFTING EACH LEG UP AND DOWN IN A FLUTTERING MOTION WHILE ENGAGING YOUR PELVIC FLOOR MUSCLES.
- PERFORM THIS MOTION FOR 30-60 SECONDS.

TO ADVANCE THIS EXERCISE, LIFTYOUE UPPER BACK OFF THE FLOOR SO YOUR SHOULDERS ARE NOT SUPPORTED. KEEP HEAD IN LINE WITH NECK.



HOW TO DO: FLUTTER KICKS



HOW TO FLUTTER KICK



FLUTTER KICKS AT ALL LEVELS

EXERCISE 5: Deep Greathing

- SIT COMFORTABLY WITH YOUR BACK STRAIGHT AND SHOULDERS RELAXED.
- INHALE DEEPLY THROUGH YOUR NOSE, ALLOWING YOUR ABDOMEN TO EXPAND.
- EXHALE SLOWLY THROUGH YOUR MOUTH, DRAWING YOUR NAVEL TOWARDS YOUR SPINE
 AND GENTLY CONTRACTING YOUR PELVIC FLOOR MUSCLES.
- PERFORM 10 DEEP BREATHS FOR 7 ROUNDS (TAKE 30 SECS NATURAL BREATH BETWEEN SETS)



PELVIC FLOOR EXERCISES -Breathing and the Pelvic Floor



HOW BREATHING AND THE CORE INFLUENCE THE PELVIC FLOOR



HOW TO BREATHE FOR IMPROVING PELVIC FLOOR STRENGTH



DIAPHRAGMATIC BREATH AND PELVIC FLOOR CONTRACTION



It's important to note that everyone's body is different and reacts differently. If you're experiencing chronic pelvic floor issues or have serious concerns about your pelvic floor health, it's advisable to consult a healthcare professional.

