



# Daily Pelvic Floor Exercises

Quick-start guide to balancing the Pelvic Floor

	How many?	How?	Tips	Warnings
<b>Calf Stretches</b>	5-10 minutes a day	<ol style="list-style-type: none"> <li>1. Place your hands on a chair and step your feet up onto a rolled towel. Your toes face forward.</li> <li>2. Slowly straighten your knees.</li> <li>3. Shift your weight into the back of your heels until you can lift all your toes.</li> </ol>	Keep your weight even on both feet. Align your hips so one is not behind the other. Daily 2-3 times prepares you for safer squatting.	Keep your knees soft, though lengthened, so you don't overstretch your knee ligament.
<b>Squats</b>	5-20 a day	<ol style="list-style-type: none"> <li>1. Hold a sturdy bar or sturdy doorknobs on either side of a door.</li> <li>2. Aim your feet so both your second toes on each foot point straightforward.</li> <li>3. Tip your hips so your buttocks aim back behind you, keeping your knees straight above your ankles.</li> </ol>	Begin only after two weeks of daily calf stretches, unless you are already used to doing squats in this way.	Please don't do 50 squats in a row! Rather, squat throughout the day, 2-5 at a time at first. Be sure not to twist.
<b>Kegels</b>	5-25 times for 10-20 seconds	<ol style="list-style-type: none"> <li>1. Locate the pelvic floor muscles by contracting the muscles around the urethra as if you were trying to hold back urine.</li> <li>2. To locate the muscles, when your bladder is not full, stop and start the flow of urine several times. Once you know the muscles, don't practice during urination again.</li> <li>3. Hold for 10-20 seconds.</li> <li>4. Finish by relaxing your pelvic floor. Let your vulva lower slightly during an exhale to end with relaxation.</li> </ol>	Begin playfully and learn your body. You'll get a good response if you do.	Don't do kegels without a deep relaxation of the pelvic floor afterward. This means, gently push your whole vulva out afterwards for 2-3 seconds.
<b>Seated Ball Squeezes</b>	5 times twice a day	<ol style="list-style-type: none"> <li>1. Sit with knees bent, feet forward.</li> <li>2. Place a medium sized (9"/x CM) children's ball or physio ball between your knees.</li> <li>3. Exhale slowly, squeezing the ball with your knees while you exhale.</li> <li>4. Inhale, relax legs but do not drop the ball. Squeeze with next exhale.</li> <li>5. After 5 repetitions, move the ball to your thighs and repeat in this location.</li> </ol>	This is excellent for stopping urinary incontinence and to help the front of your pelvis, your pubic bone, feel more comfortable and stable with pregnancy.	Don't use full-force. If you practice kegels be sure to do this so that the kegels don't shorten your pelvic floor defeating the benefit.