

Functional Pelvic Floor Exercise – Level 1

Start these exercises with the guidance of your Physiotherapist.

If you feel any of the following symptoms whilst doing these exercises please stop and inform your clinician:

- Leaking from your bladder or bowels
- Bulging or heaviness in your vagina
- Pain

1. Diaphragmatic Breathing

Lying on your back with your knees bent.

Slowly breathe in to the base of your lungs, allowing your tummy to rise gently.

Breathe out slowly allowing your tummy fall back down.

When you breathe in, relax your pelvic floor muscles.

When you breathe out, squeeze and lift your pelvic floor muscles.

Repeat 5 times.

2. Pelvic Tilt

Lying on your back with your knees bent.

Breathe in to prepare.

As you breathe out, squeeze your pelvic floor, pull your tummy button in towards your spine and tilt your pelvis to press the small of your back down into the floor. As you breathe in, return your pelvis to neutral.

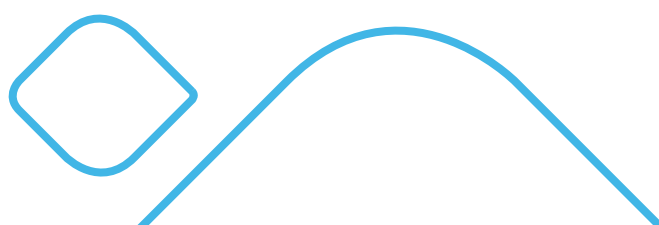
3. Bridge

Lying on your back with your knees bent.

Breathe in to prepare.

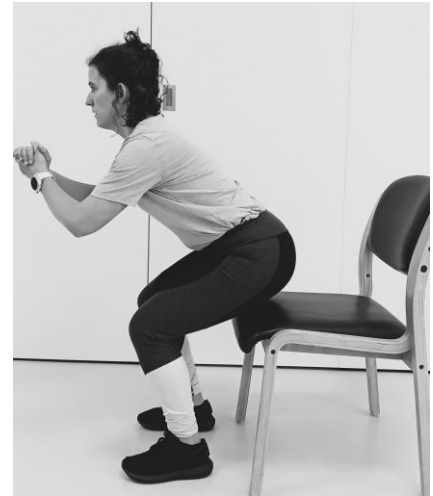
As you breathe out, squeeze your pelvic floor, pull your tummy button in towards your spine and slowly lift your bottom off the floor.

As you breathe back in, return to your starting position.



4. Wall Slide or Squat

- a. **Wall slide** - Lean against the wall with a ball behind you. Breathe in and relax your pelvic floor as you squat/lower yourself down the wall. Only go as far as feels comfortable. As you breathe out, squeeze your pelvic floor and glutes as you come back up.
- b. **Sit to Stand Squat**
Stand with your feet and knees hip width apart. Breathe in and relax your pelvic floor as you squat down. Breathe out and squeeze your pelvic floor and glutes as you come back up.



5. Cat Cow

Start on hands and knees.
Breathe in to prepare.

- a. As you breathe out, squeeze your pelvic floor, pull your tummy button in towards your spine and slowly curve your back up towards the ceiling (tucking your tail bone under).
- b. As you breathe back in, reverse this movement so you arch your back down towards the floor (pointing your bottom to the ceiling).



6. Leg extension in 4 point kneeling

Start on hands and knees. Breathe in to prepare.
As you breathe out, squeeze your pelvic floor, pull your tummy button in towards your spine and straighten one leg out behind you (keep toes to floor). Keep your back flat.
As you breathe back in, relax your pelvic floor and return to the start position.





7. Heel Slide



Lying on your back with your knees bent.

Breathe in to prepare

As you breathe out squeeze your pelvic floor, pull your tummy button in towards your spine and slide one heel away from you.

Do not allow your back to arch up off the mat as you straighten the leg.

As you breathe in return to your starting position.

8. Side Leg Lift

Lying on your side with your top leg straight.

Breathe in to prepare

As you breathe out squeeze your pelvic floor, pull your tummy button in towards your spine and slowly lift the top leg.

Keep your pelvis tilted forwards.

As you breathe back in, relax your pelvic floor and lower the leg to the start position.



Please note that this is a guide and an individualised assessment and programmes are often required.

If you have ongoing concerns and would like to be assessed by a physiotherapist, please ask your GP or health visitor for a referral.

If you have any queries, please do not hesitate to call Physiotherapy reception on [\(01225\) 821241](tel:01225821241). They will be able to direct you to your Physiotherapist.

Alternatively, you can email ruh-tr.therapiesoutpatientadmin@nhs.net

To access video links and further support, please visit the Physiotherapy webpage: <https://ruh.nhs.uk/patients/services/physiotherapy/>



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If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

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