

Functional Pelvic Floor Exercise – Level 2

Please choose the exercises that are appropriate for you with the support of your physiotherapist. If you feel that you are holding your breath, straining or unable to control the position of your pelvis during these exercises, it is likely that they are too difficult for you. Please return to level 1 and discuss this with your physiotherapist.

Please stop these exercises if your symptoms of pain, bladder or bowel leaking, heaviness or prolapse worsen.

1. Bridge Progression Series

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.

Increase the intensity of this bridge exercise by adding in the following challenges.

Repeat 10 times.

1. Tie a band around your thighs. As you lift your bottom off the floor, push your thighs out against the resistance.
2. Hold a ball or pillow between your knees. As you lift your bottom off the floor, squeeze the ball.
3. Hold a ball between your palms above your head. As you lift your bottom off the floor, squeeze the ball with your hands.
4. Hold a band in your hands. As you lift your bottom off the bed, stretch the band apart.
5. You could try a combination of the above.



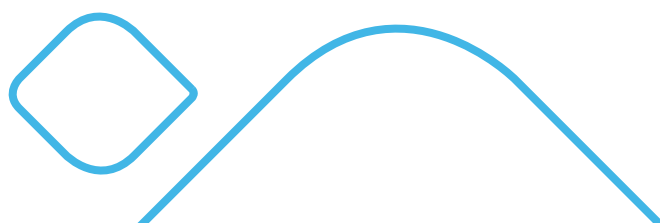
2. Squat Variations

a. Weighted squat

Hold a weight close to your chest.

Breathe in and relax your pelvic floor as you squat down.

Breathe out, squeeze your pelvic floor and glutes as you rise back up.



b. Squat pull down

Breathe in and relax your pelvic floor as you squat down. Allow your arms to rise above your head.

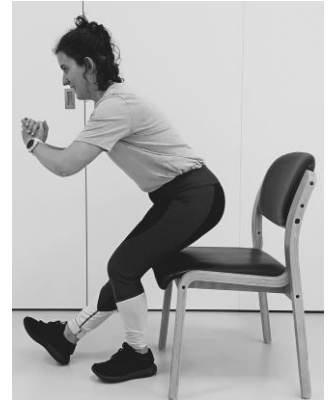
Breathe out, squeeze your pelvic floor and glutes as your rise back up and pull the band down toward your hips.

c. Split squat sit to stand

Start in sitting with one leg placed slightly away from you.

Breathe in to prepare. Breathe out, squeeze your pelvic floor and glutes as your stand up – weight mostly through the back leg.

Breathe in as you slowly return to the chair.



3. Lunge Variations

a. Contralateral weight

Start in a lunge position, with a weight on the same side as your back leg.

Breathe in and relax your pelvic floor as you lower your back knee down.

Breathe out; squeeze your pelvic floor and glutes as your rise back up.

Keep your weight through the front foot.

b. Lunge sword draw

Attach a band to the base of a door or a strong stable surface.

Start in a lunge position. As you lower down, pull the band up and out as though you were drawing a sword.

As you rise back up, allow the band to lower back down to the opposite side.

Use the image below to help visualise your starting position.



4. Step ups

Start with one foot up on the step. Lean forwards so your weight is through that foot. As you breathe out, slowly step up. Try not to push up with the lower leg. Breathe in and slowly control your return back down (no not drop). Repeat on both sides.



5. Bird Dog

Starting 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 slowly raise one leg out behind you. Gently lower your leg to the start position as you breathe back in.



Repeat as above with opposite arm and leg

Repeat as above but apply pressure with your hand against a wall

6. Toe Tap

Lying on your back with your feet raised and knees bent at 90 degrees. Breathe in to prepare. As you breathe out, squeeze your pelvic floor, pull in your belly button and slowly lower one leg as shown in the picture.



Gently return to the start position as you breathe back in.

Repeat 10 times on each side.

6. Half/incline plank

A. Start kneeling with your forearms resting on a bench.

Breathe in to prepare.

As you breathe out, squeeze your pelvic floor, pull your tummy button in towards your spine and raise your knees as shown in the picture. Keep breathing as you hold the position for the count of.....



B. Progression. Start kneeling with your forearms resting on the floor.

Breathe in to prepare.

As you breathe out, squeeze your pelvic floor, pull your tummy button in towards your spine and raise your knees as shown in the picture. Keep breathing as you hold the position for the count of....



C. Half side plank

Start resting on your forearm with both knees bent.

Breathe in to prepare.


As you breathe out, squeeze your pelvic floor, pull your tummy button in towards your spine and raise your pelvis up off the mat.

Keep breathing as you hold the position for the count of.....



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 for a referral.



If you have any queries, please do not hesitate to call Physiotherapy reception on (01225) 821241. 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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