

# Functional Pelvic Floor Exercise – Level 3

## 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. Bridge Variations:

#### a. Split stance bridge

Lying on your back with your right knee bent. Place your left heel on the ground slightly further away from your bottom.

Breathe in to prepare, as you breathe out squeeze your pelvic floor and your glutes, pull your tummy button in towards your spine and slowly lift your bottom off the floor. You will feel your right leg doing most of the work.

Breathe out as you relax slowly back down.

Repeat on both sides



#### b. Single leg bridge

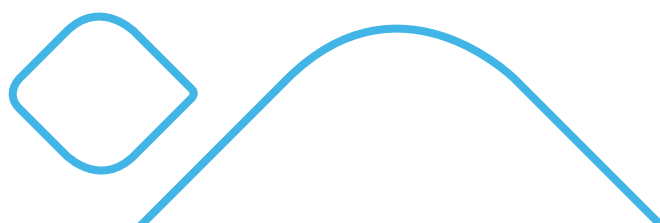
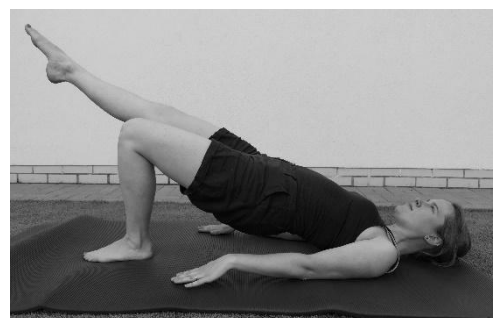
Lying on your back one knee bent and one knee straight.

Breathe in to prepare.

As you breathe out, squeeze your pelvic floor and your glutes, pull your tummy button in towards your spine and slowly push through your bent knee to lift your bottom off the floor.

Breathe out as you relax slowly back down.

Repeat on both sides



### c. Bridge with shoulder support

Start with your shoulders supported on an exercise bench or sofa. Arms crossed over your chest.

Breathe in to prepare.

As you breathe out, squeeze your pelvic floor and your glutes, pull in your belly button and slowly push through your bent knee to lift your bottom off the floor.

Breathe out as you relax slowly back down.

## 2. Squat Variations

### a. Weighted with long lever

Hold a weight slightly away from 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.

Watch that you don't flare your ribs.

### b. Single sit to stand

Start in sitting with one leg out in front lifted off the floor.

Breathe in to prepare.

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

Breathe in as you slowly return



## 3. Lunge Variations

### a. Lunge punch

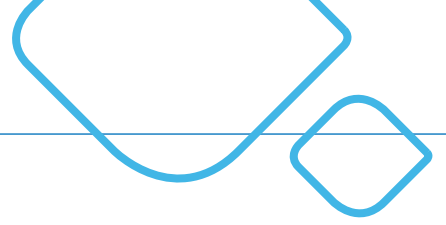
Start in a lunge position. Hold a weight in the opposite hand to your front foot.

As you lower down, push the weight up.

As you rise back up, lower the weight to shoulder height.

Repeat on both sides.





## 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.

Repeat on both sides.



## a. Bulgarian split squat

Place your back foot flat on the bench or other elevated surface behind you.

Breathe in as you bend your front knee and lower your back knee towards the floor while keeping your chest up.

Breathe out as you push through your front foot to return up to the start position

Repeat on both sides

## 4. Step ups

### a. Step punch

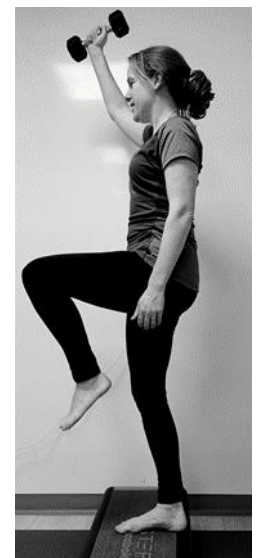
Start with one foot up on the first step. Lean forwards so your weight is through that foot. Hold a weight in the opposite hand.

As you breathe out, slowly step up. Try not to push up with the lower leg. At the top push the weight above your head.

Breathe in and slowly control your return back down (no not drop).

Lower the weight to shoulder height.

Repeat on both sides.



### b. Double step ups

Start with one foot up on the second 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. Lying leg extension

- a. 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 your tummy button in towards your spine and slowly straighten one leg as you lower it down.

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

Repeat both sides



- b. Add an exercise band held overhead. Ensure that you do not flare your ribs



- c. Dead bug

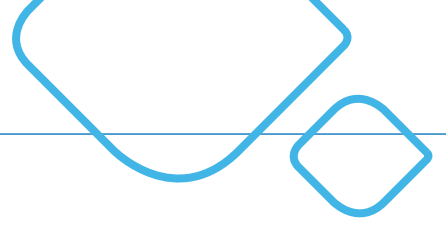
Lying on your back with your feet raised and knees bent at 90 degrees, arms stretched above your head.

Breathe in to prepare

As you breathe out, squeeze your pelvic floor, pull your tummy button in towards your spine and slowly lower opposite arm and leg as shown in the picture.

Return to the start position as you breathe back in.

Repeat on both sides



## 6. Plank

### a. Half plank

Start kneeling with your forearms on the mat.

Breathe in to prepare.

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



### b. Full plank

Start on all fours.

Breathe in to prepare.

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



### c. Pike

As you breathe out lift your pelvis up. Breath in as you lower it down to straight back position



## 7. Half Side Plank to Full Side Plank

Lying on your side with your legs stacked straight.

Breathe in to prepare

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

As you breathe back in return to your starting position.

Repeat on both sides



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*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](mailto: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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