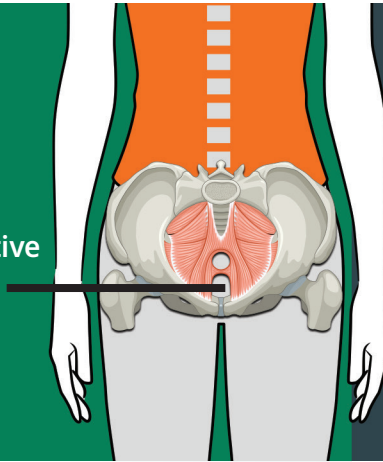


Pelvic Floor Exercises

For educational purposes only. Please consult your provider for medical advice.

WHAT IS THE PELVIC FLOOR?

The pelvic floor is a group of muscles that supports the bladder, bowel, and reproductive organs. Strengthening these muscles may help improve bladder control, stability, and overall pelvic health.



HOW TO FIND THE RIGHT MUSCLES

- 1 Imagine stopping the flow of urine.
- 2 Imagine holding back gas.
- 3 You should feel a gentle lift and squeeze inside.
- (!) Do not regularly practice during urination.

Slow Kegels



- 1 Tighten your pelvic floor muscles.
- 2 Hold for 3-5 seconds.
- 3 Relax for 3-5 seconds.
- 4 Repeat 10 times.

Breathe normally – don't hold your breath.

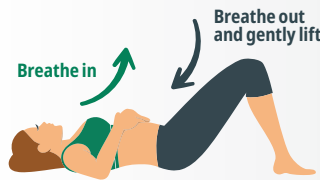
Quick Flicks



- 1 Tighten your pelvic floor muscles.
- 2 Hold for 3-5 seconds.
- 3 Relax for 3-5 seconds.
- 4 Repeat 10 times.

Use these for sudden urges or sneezes.

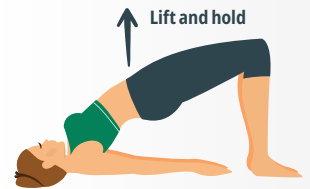
Pelvic Brace with Breathing



- 1 Tighten your pelvic floor muscles.
- 2 Hold for 3-5 seconds.
- 3 Relax for 3-5 seconds.
- 4 Repeat 10 times.

Think: gentle lift, not a hard squeeze.

Bridge



- 1 Tighten your pelvic floor muscles.
- 2 Hold for 3-5 seconds.
- 3 Relax for 3-5 seconds.
- 4 Repeat 10 times.

Keep arms and hands parallel with the floor.

HELPFUL REMINDERS

- Practice 1-2 times daily.
- Relax fully between repetitions.
- Avoid tightening your buttocks, thighs, or shoulders too much.
- Results often take several weeks of consistent practice.

WHEN TO GET HELP

Talk to a pelvic floor physical therapist or healthcare provider if you have pain, severe leakage, trouble identifying the muscles, or symptoms that don't improve.



**YOU DON'T HAVE TO
FIGURE IT OUT ALONE.
SUPPORT IS AVAILABLE.**