Pelvic Floor

Exercise 1
Contract or draw up the pelvic floor hold for two to four seconds, and relax for ten seconds. Repeat five times. Do this three times a day. Work up gradually until you can hold the contraction for eight seconds. If you find your muscles getting sore, do not slop doing the exercises but decrease the time you hold each contraction, and then gradually increase it again. Work up to sets of ten.

Exercise 2
When you are comfortably able to hold the contraction for eight seconds, add three to four short, fast, but strong twitches at the end of each long contraction.

Exercise 3
Think of your bladder and uterus as an elevator which you are trying to raise to a higher floor and visualize pulling them up into the abdominal cavity toward your stomach. When you reach the top, go down floor by floor again, gradually relaxing the muscles in stages. When you reach the basement, let go of all the tension and think release. Then come back up again to the first floor so the pelvic floor is slightly tense and able to hold the organs firmly in place.

Exercise 4
Raise the entire pelvic area, as though sucking water into the vagina. Relax and repeat five times. This series of five contractions may be repeated four to six times a day, building up to twenty to thirty contractions a day.

Find time to do these exercises every day. You can do them at any time that is convenient – for instance, while stopped at a red light, watching TV, or doing dishes.