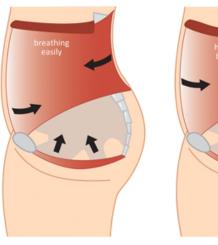


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PELVIC FLOOR EXERCISES

- 1. Sit up as tall as you can like someone is pulling you up by the hair
- 2. Practise diaphragmatic breathing in this sitting position. You should feel your upper stomach rise on breath in and fall on breath out. Do not try to take bigger breaths just quiet, comfortable breathing
- When you have developed good control and form from your diaphragmatic breathing, try to take a diaphragmatic breath in and then engage your pelvic floor (muscles that stop you passing wind and urinating)
- Practise a long slow breath out via pursed lips (like you are lightly blowing out candles) whilst you maintain your pelvic floor contracted

PELVIC FLOOR MUSCLE CONTRACTION



Correct action
The pelvic floor lifts, the deep abdominals draw in and there is no change in breathing

Incorrect action
Pulling the belly button in towards
the backbone and holding your breath
can cause bearing-down on pelvic floor

5. Maintain your pelvic floor contraction as long as you are able to, but stop if you have finished breathing out

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- 6. Try and coordinate points 1-5 above with different activities such as sit to stand and stand to sit, pulling a band across your front etcetera
- 7. Try and use the points above for any lifting activity, whilst keeping your lower back in a slight concave posture

If you have any questions, please don't hesitate to contact us.

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