

PELVIC EXERCISES

These exercises must be done daily for 4 to 6 weeks to help restore the muscles so they can function properly. They should be done when you wake up and before you go to bed.

1. Lie on your back. Put both hands on your either side of your pubic bone. Push down and lift up in the direction of your head. Breathe in and hold for a count of 15. You are lifting the organs and abdominal muscles.
2. Lie face down. Reach back and find the end of your tailbone; go up an inch. Grab that spot with both hands and pull up. Breathe in as you pull up, relax and breathe out. Do this for 5 to 6 breaths.

[This exercise can also be repeated throughout the day if you have been sitting, standing or slouching too long.]

3. Lie on your back. Take a deep breath and contract the pelvic floor as hard as you can. You want to go for maximum contraction of this muscle. Repeat 10 times.