



Women's Health Physiotherapy

www.womenshealthphysio.ca

*Exercise is a very important addition to a healthy a pregnancy and recovery.
For more help get assessed by a pelvic floor physiotherapist during pregnancy
and after delivery*

Core Breathing

INHALE - Pelvic floor (PF) relaxes and drops

Remember to breath into the base of your ribs and picture air bing poured into your pelvis.
Relax your stomach muscles and let them rise and fall as you breathe

EXHALE - Pelvic floor (PF) engages and lifts

Picture a blueberry at the vaginal opening being pulled upwards and inwards. Remember to blow like you are blowing out candles before/while lifting and squeezing the pelvic floor.

REMEMBER...Relaxing your pelvic floor is just as important as lifting it. If you are having trouble doing either lifting or relaxing our pelvic floor a pelvic physiotherapist can help.

Bridges

Lie on your back with a small ball or pillow between your knees

INHALE - feel pelvic muscles relax

EXHALE - blow gently with pursed lips, lift your PF, gently squeeze the ball between your knees and then lift your bum and hips up, continue to feel your pelvic floor lift and engage

INHALE - as you return back to the starting position



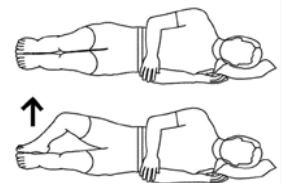
Clam Shell

Lie on your side and keep an gentle curve at your low back, knees bent, ankles together

INHALE - feel pelvic muscles relax

EXHALE - blow gently with pursed lips, engage your PF, slowly lift the top knee upward (keep ankles together) continue to feel your pelvic floor lift and engage

INHALE - as you return back to the starting position



Chair or Ball Squats

Start sitting on the edge of a chair or on a exercise ball. Feet parallel, and hip width apart

INHALE - feel pelvic muscles relax, sit bones widen and soften

EXHALE - blow gently with pursed lips, lift your PF, push through your heels and rise off the chair / ball continue to feel your pelvic floor lift and engage as you rise up.

INHALE - as you return back to the starting position

