



Your pelvic floor forms part of your 'Core'. We all need a healthy pelvic floor, see if you can get into the habit of doing some of these exercises.

Pelvic Floor exercises

1. Imagine you are trying to stop wind from escaping. Pull up the back passage 10 times fairly quickly being aware of both the contraction in that area and the relaxation after. Try to do this without tightening the thighs and buttock muscles but if this is impossible then don't worry about it, do them anyway.
2. Imagine you are trying to stop yourself from peeing. Pull up the part of the pelvic floor supporting the bladder 10 times being aware of both contracting and relaxing the area. You may find it a bit more challenging to do this quickly so take a bit of time and tune in. It sometimes helps if you suck the tip of your thumb when you do this as when your jaw tightens so does your pelvic floor. If you have no sense of this happening, don't worry - do them anyway!
3. Imagine you are trying to hold in a tampon...or perhaps something a bit more interesting (!). Pull up the vaginal part of the pelvic floor 10 times, fairly quickly, being aware of both contraction and relaxation. Again attempt it by isolating just that part but if it's not possible do it anyway.
4. Gradually draw up the back passage, bladder and vaginal parts of the pelvic floor, as if you were pulling everything in and up towards the navel. Hold for a few seconds, continuing to breathe, and then gradually release. Repeat 5 times.
5. Feel very proud of yourself for having completed a full range of pelvic floor exercises!

Pelvic floor exercises are best performed in as many and varied positions as possible so there is really no excuse not to do them! You can be standing, sitting, lying, kneeling. You could be watching TV, stuck in a traffic jam, waiting at the supermarket checkout, waiting for appointments etc. You do not need to overdo them and you don't need to do loads of them all at once. Just whenever you remember, practice 5-10 at a time.

Well Done! *see you next Tuesday ~ Julieanne.*

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