



Acu Rehab Med

Empowering Wellness, Restoring Function

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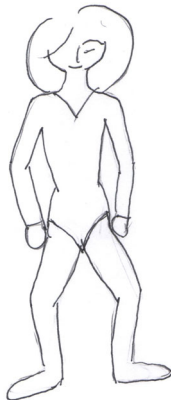
630-926-8889

EVERYDAY PELVIC MUSCLE EXERCISES

These exercises are designed to help you use your pelvic floor muscles when you're running, jumping, playing outside or at recess so you don't have any leaks. The reason you learn these exercises is so you will always remember how to squeeze your pelvic floor muscles when you really need them at play without even thinking about it.

BUM DROPS or MINI SQUATS

- Put your feet shoulder width apart with your knees over your toes.
- Tighten up or squeeze your pelvic floor muscles.
- Bend both knees at the same time and do a "mini" squat or pretend your going to sit on a chair or toilet seat but don't sit all the way down. You may even put a small stool there to pretend to sit on.
- Hold your muscles tight when you stand up again.
- Do this exercise _____ times, 1 time per day.



KNEE DROPS or LUNGES

- Place one foot in front of the other like you were going to take a large step.
- Tighten your pelvic floor muscles then bend your knees toward the floor.
- As you stand back up keep your muscles tightened.
- Repeat this exercise _____ times on each leg, 1 time per day.





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RUN IN PLACE

- Do these for 30 seconds to start then build up to 1 minute.
- Be sure to tighten your pelvic floor muscles the whole time!!

JUMPING JACKS

- Do these for 30 seconds to start then build up to 1 minute.
- Be sure to tighten your pelvic floor muscles the whole time!!
- It's OK to do jumping jacks without using your arms and just your legs

OTHER SPORTS YOU DO

- If you do other things such as ballet, soccer, gymnastics, work with your therapist to learn how to do these using your pelvic floor muscles.



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