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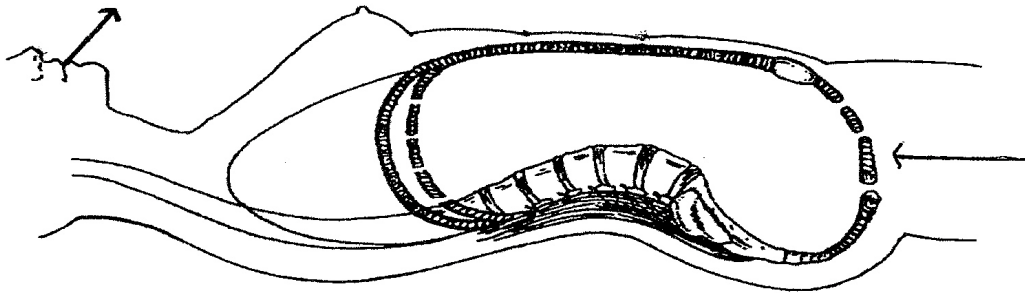
Empowering Wellness, Restoring Function

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COORDINATING THE PELVIC FLOOR MUSCLES WITH BREATHING

Learning to coordinate and contract the pelvic floor with exhalation helps your bladder control. It is helpful to contract the pelvic floor during exhalation, which happens when you cough, sneeze or laugh. The pelvic floor muscles should be trained to contract when you are exhaling so you won't have any pee leaks.



- Start by lying on your back. Place one hand on your chest and the other on your belly.
- Take a breath in through your nose, letting your belly and ribs expand and rise while you keep your upper chest relaxed. Your pelvic floor muscles should also be relaxed.
- Now as you breathe out through your mouth, tighten your pelvic floor muscles as if the muscles are helping the air leave your lungs (See arrows).
- Relax your muscles before you take another breath in again.
- Practice coordinating the muscles for _____ minutes.