

Transverse Abdominus Activation

The Transverse Abdominis (TA) is a large abdominal muscle that works closely with the pelvic floor muscles. It helps improve bowel and bladder control and core stability. It is important to isolate the TA muscle to improve your awareness of how it feels to contract. Then strengthening of your pelvic floor and core muscles can be progressed.



To Find the Muscle

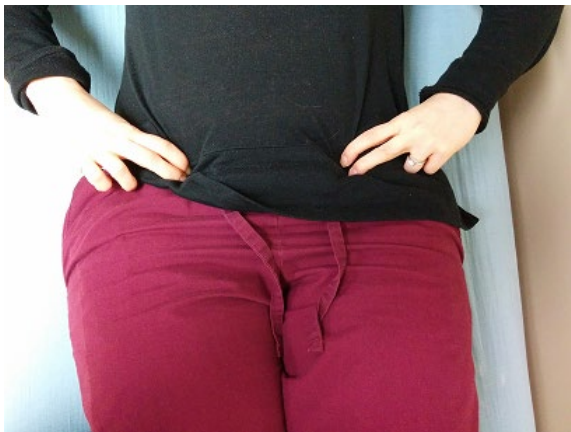
The transverse abdominis is located just inside your hip bones which are marked with X's in the picture to the left. You can place your fingers just inside these hip bones and press in. You will feel the muscle here when you contract it.

To Contract the muscle

Put your fingers just inside your hip bones and push in

There are several ways to feel the transverse abdominis TA contract beneath your fingers. Here are some examples:

- Imagine a string pulling your belly button toward your back
- Draw in your lower abdomen like your putting on a tight pair of pants
- Make a quiet “sssss” or hissing noise



You should feel the muscle “pop” into your fingers without any visual movement of your upper stomach or pelvis.

Tips:

- Do not hold your breathe
- Do not “suck” your stomach in
- Think “tighten” or “brace”

Hold ____ seconds

Perform ____ repetitions

Frequency ____ times per day