

Pelvic Floor Exercise Routine

PELVIC FLOOR EXERCISE ROUTINE THAT TAKES 15 MINUTES ONCE A DAY

POSITION	MUSCLES TO FLEX	USING KITCHEN TIMER	COMMENTS
1) Standing upright, toes pointing outwards	Draw up anal muscles, quickly tense and release muscles as though trying to prevent urine from being passed	25 Seconds	
2) Standing upright, toes pointing inwards	Draw up anal muscles, quickly tense and release muscles as though trying to prevent urine from being passed	25 Seconds	
3) Standing upright, toes pointing forwards	Draw up anal muscles, quickly tense and release muscles as though trying to prevent urine from being passed	25 Seconds	
Repeat steps 1 to 3			
Laying on my back on the floor	Tense muscles as though trying to prevent urine being passed. Once tense, tense further and then further again	45 seconds	Complete this twice First Time legs apart second time legs closed
Sitting in an easy chair	Tense muscles as though trying to prevent urine being passed. Once tense, tense further and then further again	45 seconds	Complete this twice First Time legs apart second time legs closed
Walking around including walking up and downstairs	Tense muscles as though trying to prevent urine being passed. Once tense, tense further and then further again	45 seconds	Complete this twice First Time legs apart second time legs closed
Sitting in a dining chair	Tense muscles as though trying to prevent urine being passed. Once tense, tense further and then further again	45 seconds	Complete this twice First Time legs apart second time legs closed

Standing	Tense muscles as though trying to prevent urine being passed. Once tense, tense further and then further again	45 seconds	Complete this twice First Time legs apart second time legs closed
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