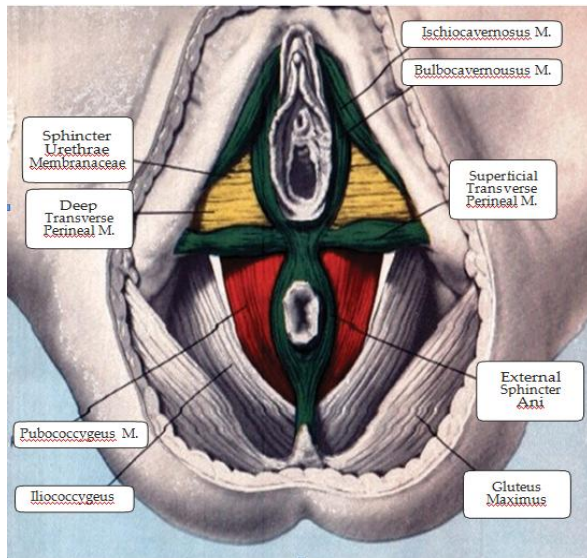
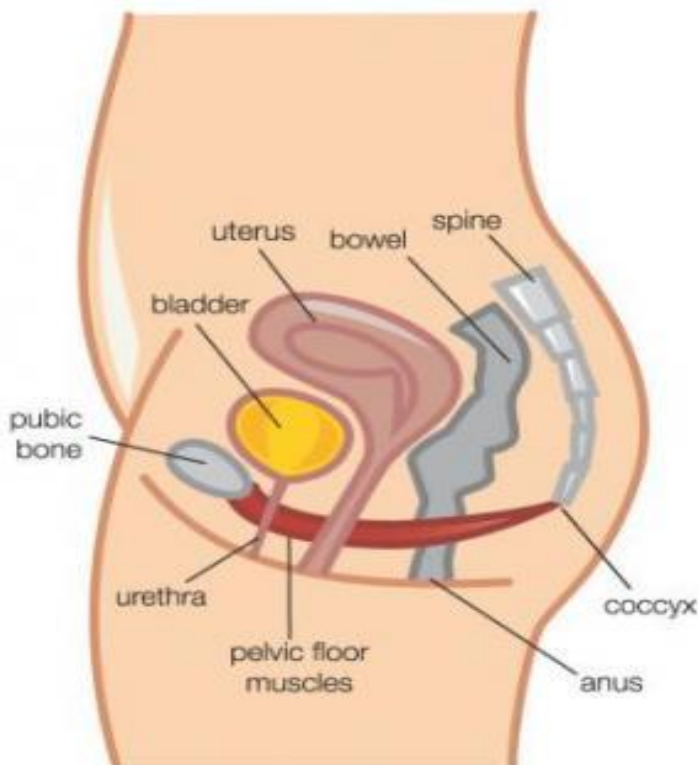


Anatomy of the Pelvic Floor



The pelvic floor muscle is woven like a basket with 70% slow twitch muscle fibers and 30% fast twitch muscle fibers. You will be instructed to do exercises specifically targeting each part of the muscle.



The pelvic floor muscle hangs like hammock, or trampoline, at the base of the pelvis - connected from back to front and left to right.

The three outlets of the female anatomy - the urethra, vagina and rectum all run through the pelvic muscle.

It is one muscle, so whether you squeeze at the back or front it lifts as one, like an elevator. When doing your exercises, we will instruct you to squeeze at the rectal outlet because you are less likely to recruit your abdominal muscles which puts pressure on your bladder and can increase leakage. It is the better “form” to squeeze at the rectal outlet.

Pelvic Floor Therapy Exercise Prescription

TAKE PICTURE of this sheet & make HOME SCREEN on Phone

*Repeat exercise event **3 TIMES DAILY**keeping **3 + hours between** exercise event.*

Today's Date _____ Appt # _____ Next Appt. Date _____ Next Appt. Time _____

*Fast Twitch: Contract Quickly _____ times, Relax _____ sec, _____ sets

*Slow Twitch: Hold Contraction _____ sec, Relax _____ sec, _____ sets

*Glasses of Water Daily _____

PELVIC FLOOR THERAPY EXERCISE INSTRUCTIONS

How to Exercise: "This is a Mind to Muscle Activity"

- The pelvic floor muscle contracts as one unit no matter which outlet you squeeze; but the most effective way to ISOLATE the pelvic muscle and not recruit ancillary muscles is to **squeeze the muscles around your rectum, like "holding back gas"**.
- Exercises should be done while **standing, sitting or lying down**.
- Relax your stomach, legs and buttocks muscles. (You can **place a hand on your stomach** while you squeeze to confirm no abdominal usage.)
- Space at least 3 hours between pelvic exercises to allow the muscle to recover.
- Contracting the muscle during the activity when you usually leak can reduce leakage.
- No longer feeling contraction during exercises means muscle is tired. Stop for that session.
- These exercises cannot harm you. Back or stomach discomfort means you are trying too hard and using extra muscles.

What NOT to do:

- Do NOT change your exercise prescription or rest less seconds than you contract.
- Do NOT perform pelvic floor exercises within three hours of each appointment.
- Do NOT do pelvic exercises while you are emptying your bladder.
- Do NOT multi-task. Taking 2 minutes to focus and do your exercise correctly will pay off!
- Do NOT miss your last appointment. That's when you learn about maintaining your muscle.

How to Remember to Exercise:

You don't need an alarm clock to remember to brush your teeth; it became a habit. So should your PFT exercises.

- The easiest way is to take a picture of your exercise routine and make the HOMESCREEN on your phone.
- Another way is associate the exercise's with routine activities; meals, wake up, commute, TV.
- Also, you can place reminder notes at locations of routine activities each day.

The number of times per day you exercise has the most impact on your progress!

"Effort Releases Itself When you REFUSE to Give Up!"