

## My Favorite Exercises For a Stronger Pelvic Floor – No Kegels

You do NOT have to do every single one of these every day  
It is just an example of many different ways we can strengthen the pelvic floor  
without simply laying and activating pelvic floor muscles!

### “Picky” Leg Raises



**Start:**

Resting with towel roll under abdominals  
Top leg on foam roller or block



**Initiate:**

**Reach** top leg away from body  
Lengthen top abdominals  
(see arrows)

Engage bottom abdominals as you lift  
away from roll – pressing bottom hip  
down into surface

Use this as “re-set” between rounds



**Move:**

Lift top leg away from your support  
maintaining “feel” of abdominals from  
“Initiate”

Tap top leg to roll and raise 10x  
Repeat 4 rounds (reset between rounds)

### All Fours to Pike with Block



**Start/Initiate:**

Starting in all fours with block between knees  
“hold” the block gently

Inhale: into back and down into pelvis but NOT into belly

Exhale- press through hands as you bring pelvis to ribs and lift lower ribs to ceiling  
\*You can choose either “hovers” or full pike



**Move:**

Leading. With exhale your “abs” first press  
through hands and feet to lift to a “hover”  
or all the way up pressing heels down  
Inhale: release down to mat

Repeat 4-5x 4 Rounds

- Exercises presented in this document are intended for educational purposes only. They are not a substitute for evaluation and treatment by a healthcare provider



### “Picky” Inner Thigh



**Start:**

Resting with Towel roll under abdominals  
Top leg resting on elevated surface



**Initiate:**

Reach away from you body with top leg  
Lift abdominals away from towel roll  
Turn in lower leg



**Move:**

Maintain position and raise lower leg  
Feeling high in inner thigh as well as lower leg abs  
Raise and lower bottom leg 10x  
Repeat 4 rounds  
\*Don't press top leg into chair- it's should just be “resting”

### “Pretzel” Lifts



**Start:**

Sidelying with towel under bottom abdominals  
Bring top leg over and rest in front at 90 deg at hip and knee  
Bring bottom leg back in line with body and bend knee to 90 deg



**Initiate:**

Reach top hip away from body lengthening top abdominals and lifting away from towel roll with bottom abs (press bottom hip down)  
Reach top knee forward and press through arch to lift top knee until you feel top “butt” engage



**Move:**

Keep previous position and then raise bottom knee by pressing through bottom hip and outside of bottom foot  
Raise and lower 10x  
Repeat 4 rounds

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### Modified Side Plank



**Start:**

With elbow directly under shoulder, hand down flat on ground  
Hips bent up to 90 degrees



**Initiate:**

Reach top hip away from body  
By lifting bottom abdominals up and pressing through bottom arm  
Shift top knee slightly ahead of bottom



**Move:**

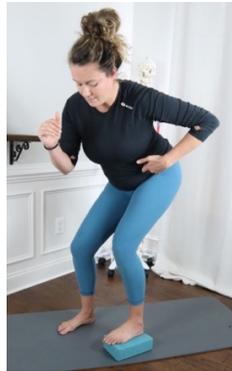
Press through bottom knee and shin lift hip off ground keeping top knee forward and turning "zipper" (if you had one) towards the floor  
Use top arm for support if needed (pictured)  
You should feel bottom outside hip and + abs on bottom side  
Hold 4 controlled breaths  
Repeat 4x

### Foot Elevated (Hip Shift) Squat



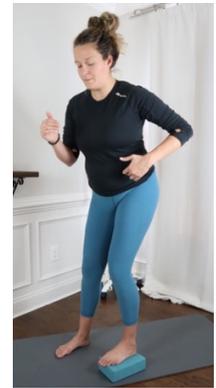
**Start:**

Standing with one foot on 1-2 " block Foot that is elevated slightly behind the other – sense heel down  
Keep elevated knee straight (slight inner thigh activation)  
You may feel stretch in the back of the hip on the elevated side



**Initiate/Move:**

Trying to keep your weight at about 60:40 elevated:non elevated  
Inhale and lower  
Exhale rise up – keeping your "shift"  
Repeat 10x  
4 Rounds



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## Static/Dynamic Single Leg Balance



**Start:**

Balancing on one leg

Create 3 points of contact that you can feel at:

1: the heel

2: the base of the big toe

3: the base of the little toe  
(like a triangle)

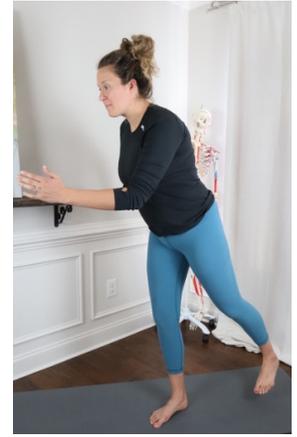


**Move:**

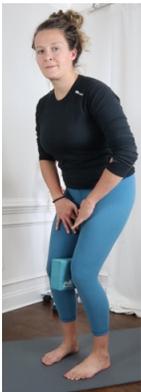
As you bring one knee forward and up bring opposite elbow forward to “meet” it with an exhale while your other arm swings back

Inhale as you bring the moving leg back and switch your arms at the same time

Repeat 4x for 4 Rounds



## Block (Narrow) Squat



**Start:**

Hold block or small ball between knees gently

Feel 3 points of contact under feet

1: the heel

2: the base of the big toe

3: the base of the little toe  
(like a triangle)

Exhale at the top to feel lower ribs move downwards



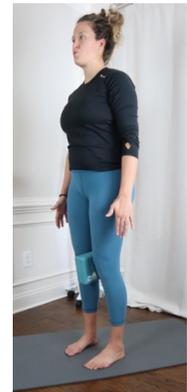
**Move:**

Maintaining your “hold” on the block, 3 points of contact under feet, and ribs “down” Inhale as you lower into your squat

Exhale rise up

Repeat 10x

4 Rounds



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