

Pelvic Floor Exercises

<https://nafc.org/downloadable-pelvic-floor-exercises/>



NATIONAL ASSOCIATION FOR CONTINENCE

Pelvic Floor Exercises

Difficulty Level:

Easy - All Fitness Levels

PELVIC FLOOR EXERCISES



STRAIGHT LEG RAISE

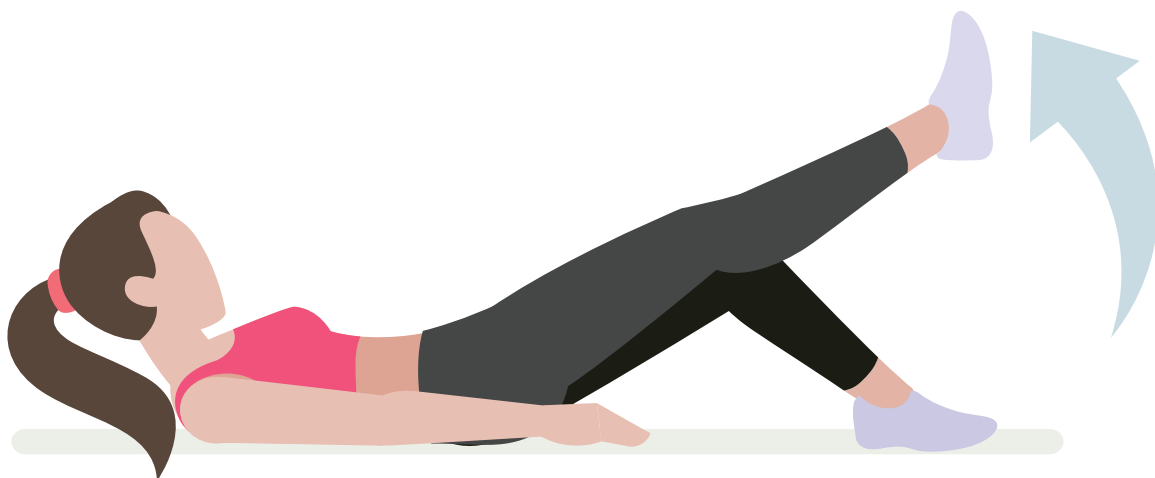
DIFFICULTY: EASY TO MODERATE

TYPE: CONDITIONING

GOAL: CORE STRENGTH

PROCEDURE

1. While lying on your back, raise your leg with a straight knee.
2. Keep your opposite knee bent with your foot planted on the ground.
3. Hold for 1 second then return your leg to the starting position.
4. Perform the same exercise as above with your opposite leg.
5. Repeat 10 times.
6. Complete 1 set once a day.



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PELVIC FLOOR EXERCISES



DYING BUG

DIFFICULTY: MODERATE

TYPE: CONDITIONING

GOAL: BUILD CORE STRENGTH

PROCEDURE

1. Begin lying on your back with your arms and knees raised as shown in the illustration.
2. Move your left leg in a downward motion, straightening it out towards the ground.
3. At the same time, lower your right arm back past your head.
4. Keep your abdominal muscles contracted while doing this exercise. Note that the larger the movements you make, the more challenging the exercise becomes.
5. Return your leg and arm to the starting position.
6. Perform the same exercise as above using your opposite arm and leg.
7. Repeat 10 times.
8. Complete 2 sets per day.



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PELVIC FLOOR EXERCISES



OBLIQUE REACHES

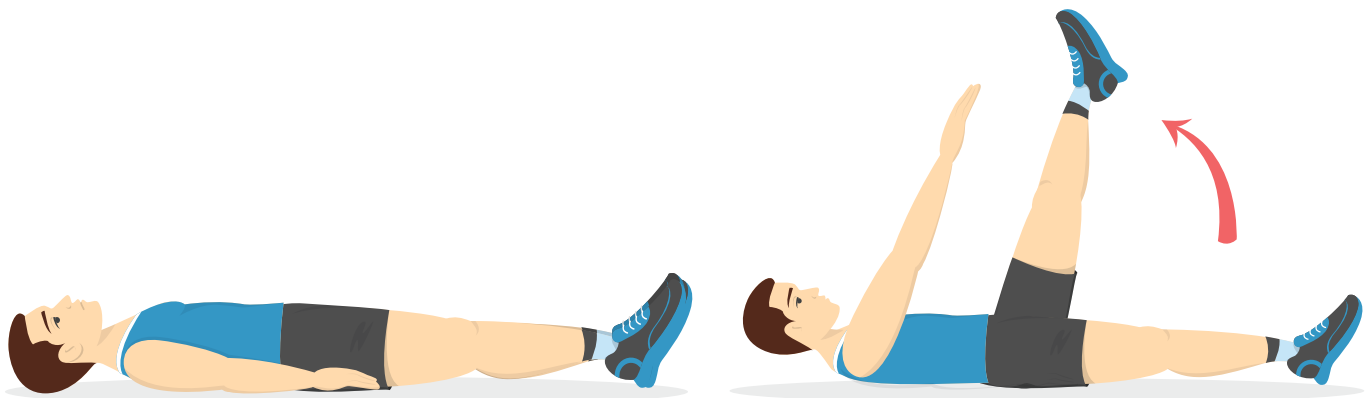
DIFFICULTY: MODERATE

TYPE: CONDITIONING

GOAL: BUILDING CORE STRENGTH

PROCEDURE

1. From a lying position, raise your left leg while simultaneously crunching your abdominal muscles and reaching towards your raised foot with your right arm. If difficult, modify the exercise by using a bent knee.
2. Hold for 3 seconds.
3. Lower your arm and leg back to the starting position and repeat with the same leg and arm 10 times.
4. Perform the same exercise as above using your right leg and left arm.
5. Complete 2 sets per day.



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PELVIC FLOOR EXERCISES



PARTIAL CURL-UP – OBLIQUES

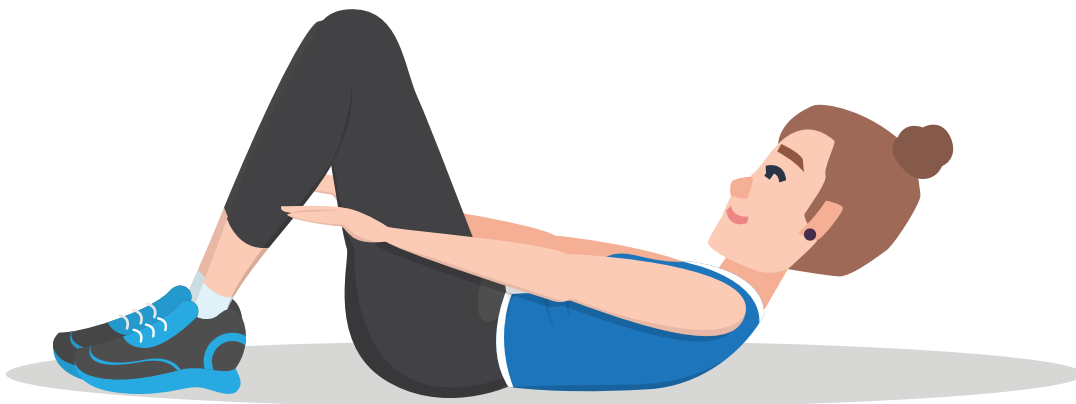
DIFFICULTY: MODERATE

TYPE: CONDITIONING

GOAL: BUILD CORE STRENGTH

PROCEDURE

1. Begin lying on the floor with your knees bent.
2. Engage your deep abdominal muscles and slowly raise your head and shoulders up and to the side so your shoulder blade is completely off the floor.
3. Reach your arms to the outside of your opposite knee, keeping your abdominals engaged.
4. Hold for 3 seconds.
5. Repeat 10 times.
6. Complete 2 sets per day.



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PELVIC FLOOR EXERCISES



PELVIC TILT WITH CRUNCH

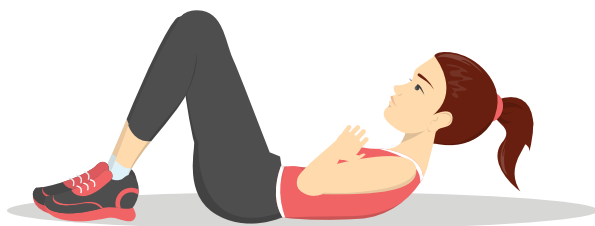
DIFFICULTY: MODERATE

TYPE: CONDITIONING

GOAL: BUILD CORE STRENGTH

PROCEDURE

1. While lying on your back, press the small of your lower back into the surface. Cross your arms at your chest.
2. Engage your deep abdominal muscles and carefully lift your head off the surface.
3. Hold the tension in abdominal area for 3 seconds.
4. Gently rest your head back on the surface.
5. Repeat 10 times.
6. Complete 2 sets per day.



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PELVIC FLOOR EXERCISES



BIRD DOG – OPTION 2 – QUADRUPED HIP EXTENSION

DIFFICULTY: MODERATE

TYPE: CONDITIONING

GOAL: CORE STRENGTH

PROCEDURE

1. Begin on your hands and knees with a neutral spine.
2. Engage your core by pulling your belly button up towards the spine and tightening your pelvic floor muscles lightly.
3. Slowly slide one leg behind you until fully extended, keeping your toe on the surface throughout the motion.
4. Inhale, engaging your glute muscles, and lift your heel up until your leg is extended straight behind you. Hold for 3 seconds.
5. Exhale, lower your toe back to the surface and return to the starting position.
6. Repeat with the opposite leg.
7. Repeat 10 times.
8. Complete 1 set 4 times a week.



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PELVIC FLOOR EXERCISES



EXERCISE BALL - SEATED ALTERNATE ARMS & LEGS

DIFFICULTY: MODERATE - REQUIRES BALANCE
AND EXERCISE BALL

TYPE: CONDITIONING

GOAL: CORE STRENGTH

PROCEDURE

1. While sitting upright on an exercise ball, contract your deep abdominal muscles.
2. Raise one arm and the opposite leg as shown. Hold for two seconds.
3. Lower your arm and leg, then raise the opposite arm and leg and hold for two seconds.
4. Repeat 10 times.
5. Complete 1 set 4 times a week.



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PELVIC FLOOR EXERCISES



SINGLE LEG STANCE – REACH FORWARD

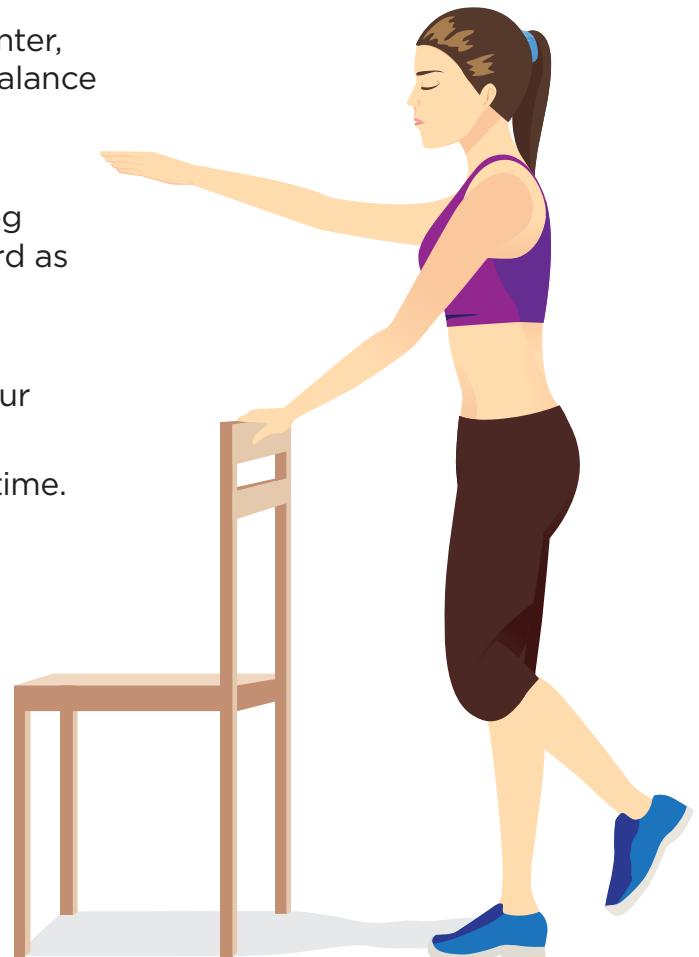
DIFFICULTY: MODERATE – REQUIRES BALANCE

TYPE: CONDITIONING

GOAL: CORE STRENGTH

PROCEDURE

1. Begin standing on one leg. Use a chair, counter, wall or other stable support if needed for balance and safety.
2. Engage your pelvic floor muscles.
3. Reach forward with the arm opposite the leg you're standing on. Extend your arm forward as far as you can without losing your balance.
4. Hold for 2 seconds.
5. Return to the starting position, releasing your pelvic floor muscles as you do.
6. Repeat 10 times, using the same arm each time.
7. Change your stance so you are now standing on the opposite leg.
8. Repeat the same exercise as above 10 times using the opposite arm.
9. Complete 1 set 4 times a week.
10. Exercise options: This exercise can be performed slowly, with a slow pelvic floor muscle contraction; quickly, with a quick contraction; or a combination of both slow and quick contractions.



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PELVIC FLOOR EXERCISES



BRIDGE WITH ADDUCTION

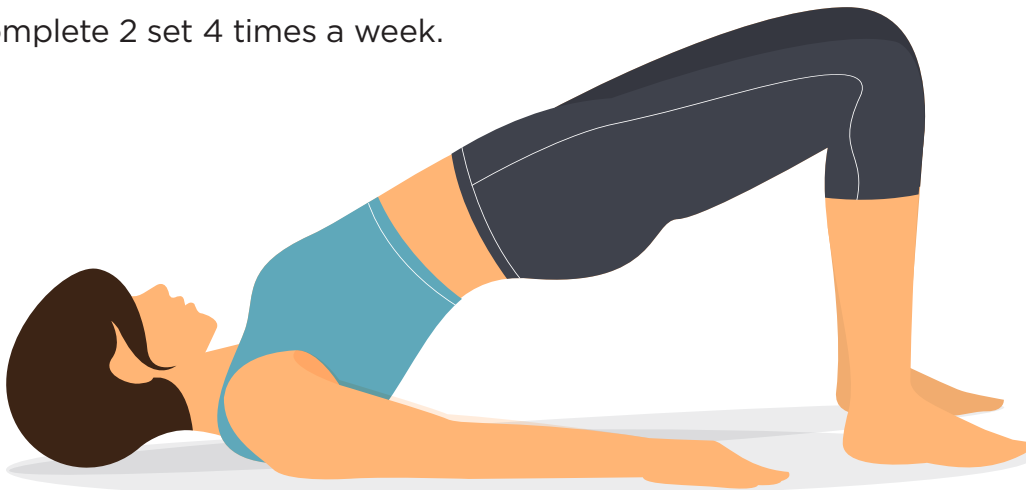
DIFFICULTY: MODERATE – REQUIRES BALANCE AND EXERCISE BALL OR PILLOW

TYPE: CONDITIONING

GOAL: CORE STRENGTH

PROCEDURE

1. Lie on your back with your knees bent and an exercise ball or pillow held between your knees.
2. Engage your deep abdominal and pelvic floor muscles.
3. Lift your hips up so your buttocks are off the floor, keeping the ball/pillow between your knees and your muscles engaged.
4. Hold this position for 3 seconds, making sure to maintain a straight line from shoulder to knee.
5. Return to the starting position and release your deep abdominal and pelvic floor muscles.
6. Repeat 10 times.
7. Complete 2 set 4 times a week.



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Pelvic Floor Exercises

Difficulty Level:

Difficult

PELVIC FLOOR EXERCISES



SUPINE 90-90 MARCHING/ PELVIC BRACING

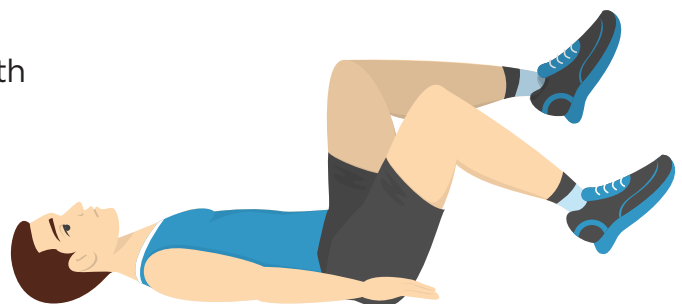
DIFFICULTY: MODERATE TO DIFFICULT

TYPE: RANGE OF MOTION/CONDITIONING

GOAL: BUILD CORE STRENGTH

PROCEDURE

1. Lie on your back with your pelvis and lower back flattened against the surface.
2. Raise your legs to the “90-90 position”: Your knees are raised the air and bent at 90 degree angles. This is the same posture as if you were sitting in a chair, except that you are lying on your back.
3. Do not allow your lower back to arch upwards during the entire exercise.
4. Lower one leg so your foot almost touches the floor.
5. Hold for 1 second.
6. Return your leg to the 90-90 position.
7. Perform the same exercise as above with the other leg.
8. Repeat 10 times.
9. Complete 1 set once a day.



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PELVIC FLOOR EXERCISES



LOOPEL ELASTIC BAND HIP FLEXION EXTENSION/SUPINE MARCHING

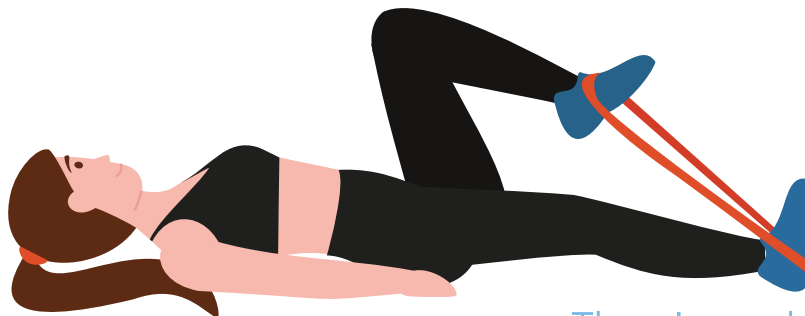
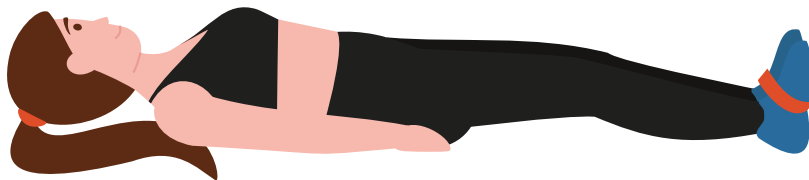
DIFFICULTY: MODERATE TO DIFFICULT

TYPE: STRETCH/CONDITIONING

GOAL: BUILD CORE STRENGTH

PROCEDURE

1. Lie on your back with an elastic band looped around your feet as shown.
2. Bend one knee and hip towards your chest as you pull against the resistance of the elastic band.
3. Hold for 1 second.
4. Lower your knee to the original position.
5. Perform the same exercise as above with the other leg.
6. Repeat 10 times.
7. Complete 1 set once a day.



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PELVIC FLOOR EXERCISES



FOAM ROLL MARCHING

DIFFICULTY: DIFFICULT

TYPE: STRETCH/CONDITIONING/BALANCE

GOAL: BUILD CORE STRENGTH/ENHANCE RANGE OF MOTION

PROCEDURE

1. Lie on a foam roll so your head and buttocks make contact.
2. Flatter your lower back and press it against the roll.
3. Raise one leg up and hold for 1 second.
4. Return leg to the original position.
5. Perform the same exercise as above with the other leg.
6. Repeat 10 times.
7. Complete 1 set once a day.



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PELVIC FLOOR EXERCISES



DUMBBELL PULL OVER

DIFFICULTY: DIFFICULT

TYPE: CONDITIONING

GOAL: BUILD CORE STRENGTH

PROCEDURE

1. Lie on your back with your knees bent.
2. Draw your deep abdominals in towards your spine.
3. With light hand weights or cans of soup in your hands, slowly lift both weights above your head while keeping a slight bend in your elbows.
4. Hold 3 seconds.
5. Return the weights to the starting position, keeping your shoulders on the surface and your abdominals tightened while doing so.
6. Repeat 10 times.
7. Complete 2 sets per day.



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PELVIC FLOOR EXERCISES



UNSUPPORTED BICYCLE BRACE

DIFFICULTY: DIFFICULT

TYPE: CONDITIONING

GOAL: BUILD CORE STRENGTH

PROCEDURE

1. Lie on your back with your knees bent and raise both feet off the surface.
2. Straighten one leg out in front of you.
3. Hold for 1 second.
4. Return your leg to the original position
5. Perform the same exercise as above with the other leg.
6. Repeat 10 times.
7. Complete 1 set once a day.



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PELVIC FLOOR EXERCISES



BIRD DOG – OPTION 3 – QUADRUPED ALTERNATE ARM & LEG

DIFFICULTY: DIFFICULT

TYPE: CONDITIONING

GOAL: CORE STRENGTH

PROCEDURE

1. Begin on your hands and knees with a neutral spine.
2. Engage your core by pulling your belly button up towards the spine and tightening your pelvic floor muscles lightly.
3. Slowly extend one leg and the opposite arm outwards. Your hip will move into a hip extension as you do so.
4. While keeping your muscles engaged and maintaining a stable pelvis and spine, hold for 3 seconds.
5. Lower your arm and leg back to the starting position.
6. Repeat with the opposite arm and leg.
7. Repeat 10 times.
8. Complete 1 set 4 times a week.



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PELVIC FLOOR EXERCISES



LATERAL LUNGE - DIFFICULT

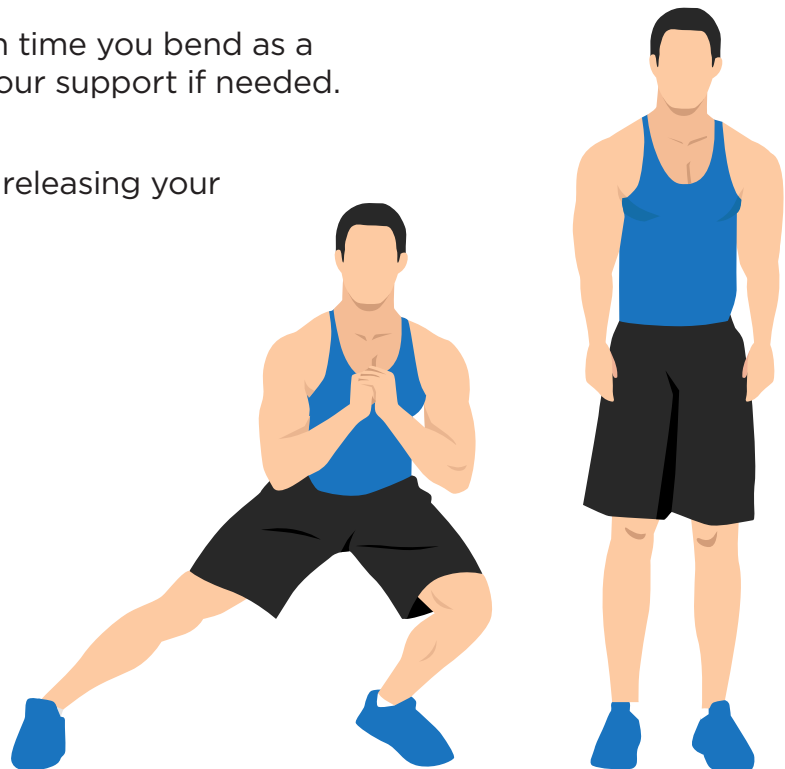
DIFFICULTY: DIFFICULT - REQUIRES BALANCE

TYPE: CONDITIONING

GOAL: CORE STRENGTH

PROCEDURE

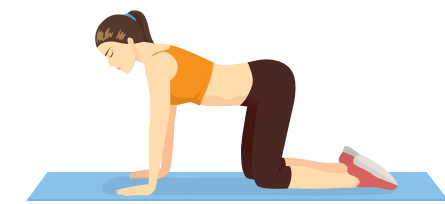
1. Begin from a standing position with a small space between your feet. Use a chair, counter, wall or other stable support if needed for balance and safety.
2. Step to the side with one foot, while bending your opposite knee in a lunging position.
3. As you do this motion, perform a Kegel squeeze while you are lowering your buttocks towards the floor. Keep your knees in line with your toes throughout the motion.
4. Extend your arms forward each time you bend as a counterbalance, or hold onto your support if needed.
5. Hold for 2 seconds.
6. Return to the starting position, releasing your pelvic floor muscles as you do.
7. Repeat for the opposite site.
8. Repeat 10 times.
9. Complete 1 set 4 times a week.



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PELVIC FLOOR EXERCISES

BIRD DOG EXERCISES



BIRD DOG - OPTION 1 - ARMS ONLY

PROCEDURE

1. Begin on your hands and knees with a neutral spine.
2. Engage your core by pulling your belly button up towards the spine and tightening your pelvic floor muscles lightly.
3. Slowly reach one arm out while maintaining stability and keeping your muscles engaged.
4. Hold for 3 seconds and then return to the starting position.
5. Repeat with the opposite arm.
6. Repeat 10 times.
7. Complete 1 set 4 times a week.

BIRD DOG - OPTION 2 - QUADRUPED HIP EXTENSION

PROCEDURE

1. Begin on your hands and knees with a neutral spine.
2. Engage your core by pulling your belly button up towards the spine and tightening your pelvic floor muscles lightly.
3. Slowly extend one leg and the opposite arm outwards. Your hip will move into a hip extension as you do so.
4. While keeping your muscles engaged and maintaining a stable pelvis and spine, hold for 3 seconds.
5. Lower your arm and leg back to the starting position.
6. Repeat with the opposite arm and leg.
7. Repeat 10 times.
8. Complete 1 set 4 times a week.

BIRD DOG - OPTION 3 - QUADRUPED ALTERNATE ARM & LEG

PROCEDURE

1. Begin on your hands and knees with a neutral spine.
2. Engage your core by pulling your belly button up towards the spine and tightening your pelvic floor muscles lightly.
3. Slowly slide one leg behind you until fully extended, keeping your toe on the surface throughout the motion.
4. Inhale, engaging your glute muscles, and lift your heel up until your leg is extended straight behind you. Hold for 3 seconds.
5. Exhale, lower your toe back to the surface and return to the starting position.
6. Repeat with the opposite leg.
7. Repeat 10 times.
8. Complete 1 set 4 times a week.

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PELVIC FLOOR EXERCISES



ELASTIC BAND BICYCLE BRACE

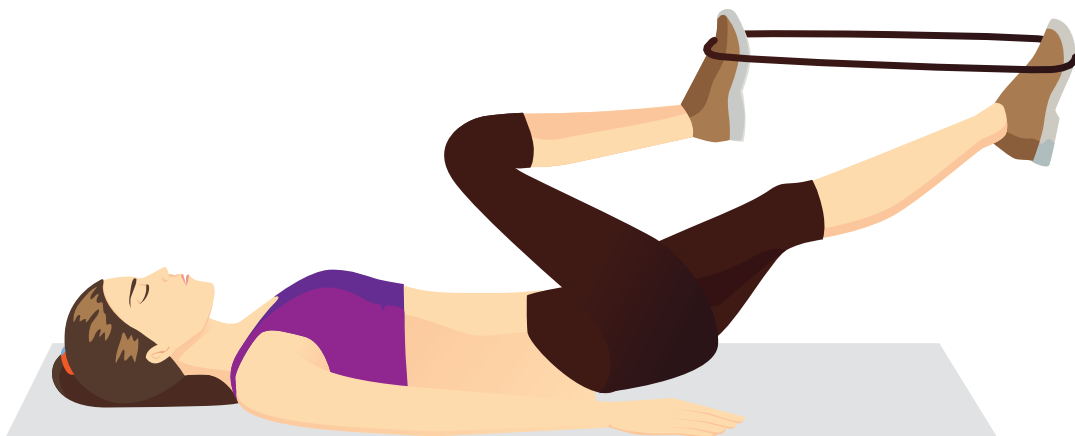
DIFFICULTY: VERY DIFFICULT

TYPE: CONDITIONING

GOAL: BUILD CORE STRENGTH

PROCEDURE

1. Lie on your back and wrap an elastic band around your feet.
2. Perform a slight posterior pelvic tilt by rocking your pelvis backward to flatten your lower back against the floor.
3. Raise both feet off the floor.
4. Straighten one leg in front of you.
5. Hold 2 seconds.
6. Return your leg to the bent position.
7. Perform the same exercise as above with the other leg, as if you were riding a bicycle.
8. Repeat 10 times.
9. Complete 1 set once a day.



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PELVIC FLOOR EXERCISES



SIDE PLANK CRUNCHES

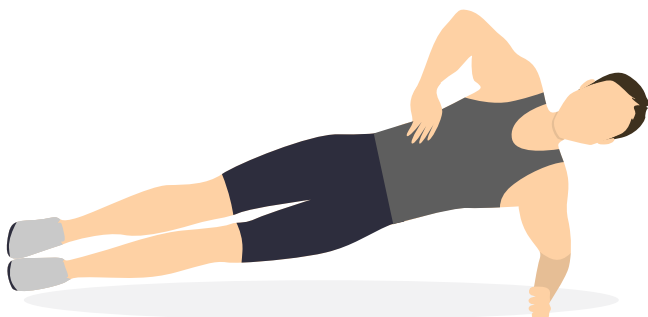
DIFFICULTY: VERY DIFFICULT

TYPE: CONDITIONING

GOAL: BUILD CORE STRENGTH AND IMPROVE BALANCE

PROCEDURE

1. While on your side, lift your body up on your elbow and feet while engaging your deep abdominal muscles. Try to keep your spine straight.
2. Hold this position and place your topmost hand on your head.
3. Move your elbow and knee towards each other as you lower your elbow and flex your hip and knees.
4. Hold for 3 seconds.
5. Return your arm and leg to the starting position.
6. Repeat 10 times.
7. Complete 2 sets per day.



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PELVIC FLOOR EXERCISES



SUPINE CRUNCH TOUCH W/EXERCISE BALL

DIFFICULTY: VERY DIFFICULT

TYPE: CONDITIONING/BALANCE

GOAL: BUILD CORE STRENGTH

PROCEDURE

1. Lie on the floor with your knees bent and feet flat on the surface. With a ball or pillow in your hands, extend your arms over your head.
2. Draw both knees towards your chest while you bring the ball/pillow towards your knees. Touch your knees to the ball/pillow.
3. Hold for 3 seconds.
4. Slowly return the starting position, with your knees bent and feet flat on the surface and with the ball or pillow extended over your head.
5. Repeat 10 times.
6. Complete 2 sets per day.



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Pelvic Floor Exercises

Difficulty Level:

Very Difficult

PELVIC FLOOR EXERCISES



ELASTIC BAND BICYCLE BRACE

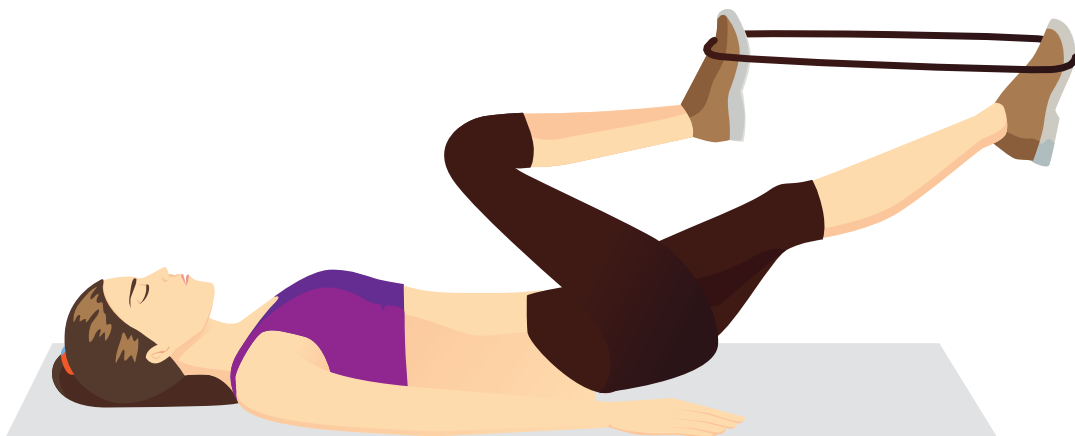
DIFFICULTY: VERY DIFFICULT

TYPE: CONDITIONING

GOAL: BUILD CORE STRENGTH

PROCEDURE

1. Lie on your back and wrap an elastic band around your feet.
2. Perform a slight posterior pelvic tilt by rocking your pelvis backward to flatten your lower back against the floor.
3. Raise both feet off the floor.
4. Straighten one leg in front of you.
5. Hold 2 seconds.
6. Return your leg to the bent position.
7. Perform the same exercise as above with the other leg, as if you were riding a bicycle.
8. Repeat 10 times.
9. Complete 1 set once a day.



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PELVIC FLOOR EXERCISES



SIDE PLANK CRUNCHES

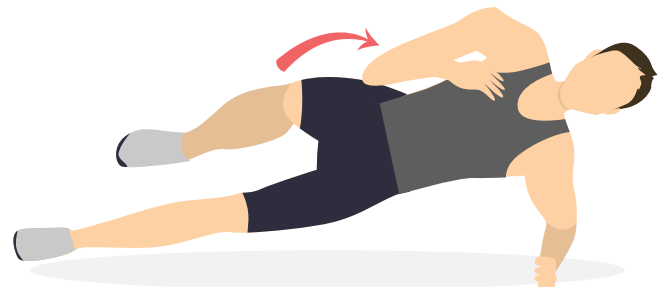
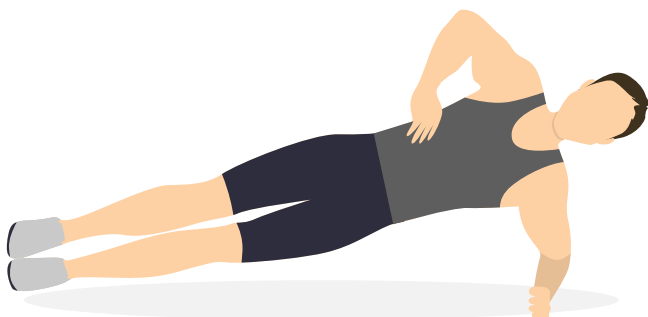
DIFFICULTY: VERY DIFFICULT

TYPE: CONDITIONING

GOAL: BUILD CORE STRENGTH AND IMPROVE BALANCE

PROCEDURE

1. While on your side, lift your body up on your elbow and feet while engaging your deep abdominal muscles. Try to keep your spine straight.
2. Hold this position and place your topmost hand on your head.
3. Move your elbow and knee towards each other as you lower your elbow and flex your hip and knees.
4. Hold for 3 seconds.
5. Return your arm and leg to the starting position.
6. Repeat 10 times.
7. Complete 2 sets per day.



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PELVIC FLOOR EXERCISES



SUPINE CRUNCH TOUCH W/EXERCISE BALL

DIFFICULTY: VERY DIFFICULT

TYPE: CONDITIONING/BALANCE

GOAL: BUILD CORE STRENGTH

PROCEDURE

1. Lie on the floor with your knees bent and feet flat on the surface. With a ball or pillow in your hands, extend your arms over your head.
2. Draw both knees towards your chest while you bring the ball/pillow towards your knees. Touch your knees to the ball/pillow.
3. Hold for 3 seconds.
4. Slowly return the starting position, with your knees bent and feet flat on the surface and with the ball or pillow extended over your head.
5. Repeat 10 times.
6. Complete 2 sets per day.



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