Advanced Pelvic Floor Muscle Training Program

• Squeeze (contract) the muscles of the pelvic floor, which are located between your legs and control urine and gas. Feel them squeeze shut and lift upwards towards your head.
• Do these exercises every day, at different times during the day to gain better control over your bladder
• Practice a total of two to three times per day.
• Pick one or two positions for exercises each time.

DO NOT HOLD YOUR BREATH!
Count out loud or sing in order to avoid breath holding. Try not to use your abdominal or buttock muscles too much when contracting the pelvic floor muscles.

Long holds
Fifteen repetitions of long hold contractions, contract your pelvic floor muscles, squeeze and lift up and in, and hold for ten seconds. Release fully between contractions for four second.
REPEAT FOR A TOTAL OF TWO TO THREE SETS, = 30-40 REPETITIONS PER DAY

Quick flicks
Fifteen repetitions of quick flick contractions contract quickly and strongly for two seconds, Release fully and relax muscles down and out in between contractions for two seconds.
REPEAT FOR A TOTAL OF TWO TO THREE SETS, = 30-45 REPETITIONS PER DAY.

Sitting one to two sets per day in the sitting position: Sit in a firm chair in good posture, place both feet on the ground

Standing one to two sets in the standing position: Stand with your feet shoulder width apart or a little closer. Keep your low back in a relaxed and neutral posture.