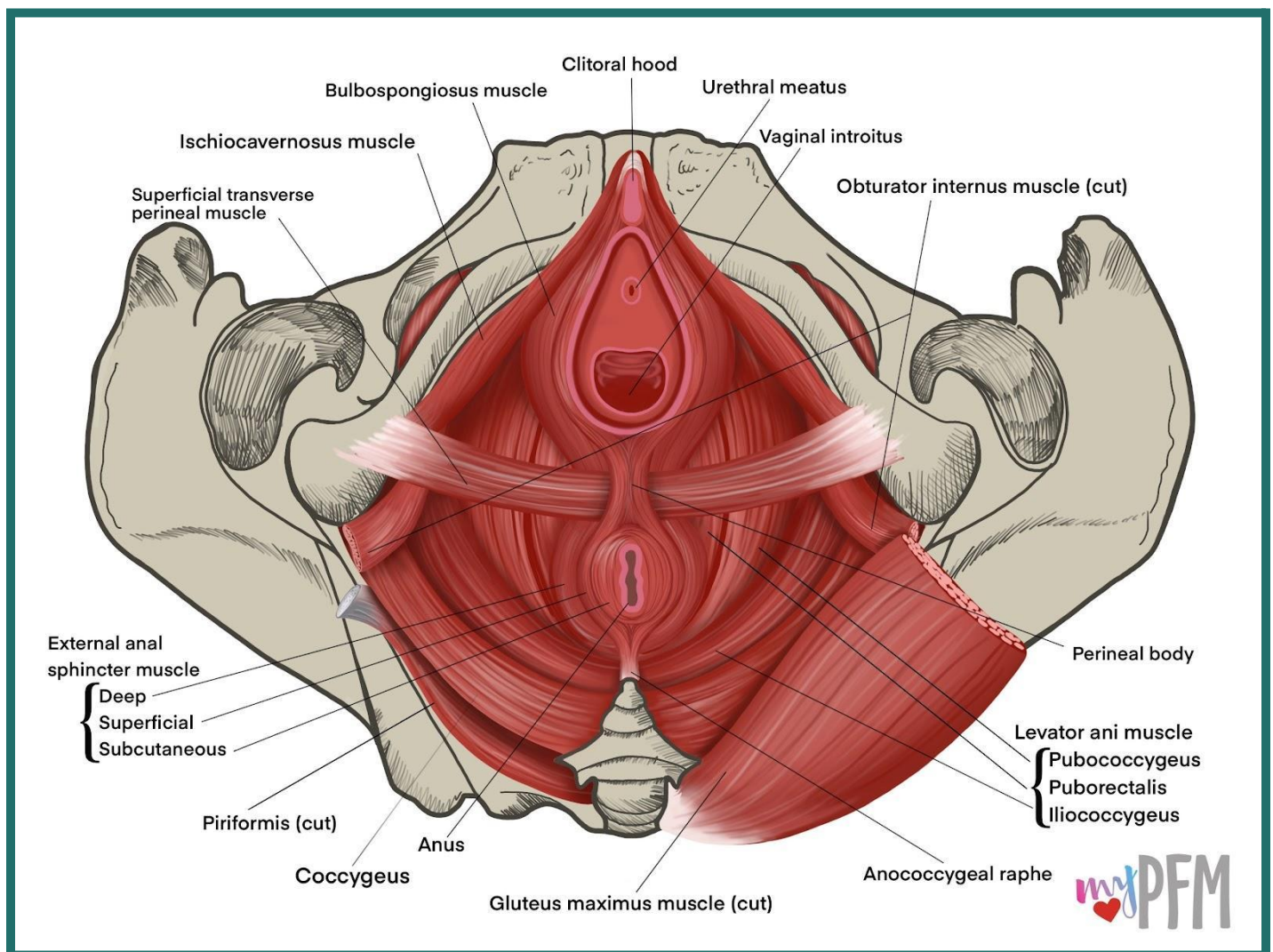


COMpleo

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Pelvic Floor Muscles



How to do a Kegel

The goal is to close and lift the openings that the muscles surround and be able to release and relax them down! You can imagine the two triangles below:

Anterior Triangle

- ★ Contract your pelvic muscles like you are holding back the passage of urine, then release
- ★ OR Imagine pulling in toward your pubic bone, picking up a blueberry, closing around a straw

Posterior Triangle

- ★ Contract your pelvic muscles like you are holding back the passage of gas, then release
- ★ OR Imagine your tailbone pulling inward



Does your Anterior Triangle kick on during your runs? Do this test!

- ★ Stand up
- ★ Shift forward onto your toes
- ★ Do you feel a little pressure on your pubic symphysis and urethra in the front triangle?
- ★ You should

Pelvic Stabilization Exercises

★ Diaphragmatic Breathing



★ Quadruped Pelvic Floor



★ Bridges (Double leg and Single leg)



★ Lunge with Pelvic Floor activation and Knee Lift



★ Wall Plank (Double Leg and Single Leg)



★ Single Leg Balance (hint- let your abdominals and pelvic floor muscles help your leg!)

