



PELVIC FLOOR INTEGRATION EXERCISES

<p>Balloon Blowing</p> <ul style="list-style-type: none"> ● Breathe in + take balloon to mouth ● Blow OUT into balloon while PULLING pelvic floor up (this is a MAXIMAL contraction) 	<p>Sitting</p> <p>Standing</p>	<p>..... Reps</p> <p>..... Sets</p> <p>..... x pw</p> <p>You need to FEEL every lift and let go. If you can't feel the muscles lifting and relaxing, your pelvic floor has fatigued so STOP.</p>
<p>Ball Bounces</p> <ul style="list-style-type: none"> ● Breathe IN (load) ● Breathe OUT <ul style="list-style-type: none"> ● Connect toes to ground ● Pull up pelvic floor ● Throw / bounce ball ● SOFT PF lift ("clouds" or level 1) = SOFT ball bounces ● MEDIUM PF lift ("soft ball" or level 2/3) = MEDIUM bounces ● HARD PF lift ("hard ball" or level 4) = HARD bounces 	<p>Standing</p>	<p>..... Reps</p> <p>..... Sets</p> <p>..... x pw</p> <p>You need to FEEL every lift and let go. If you can't feel the muscles lifting and relaxing, your pelvic floor has fatigued so STOP.</p>

