



**PELVIC FLOOR INTEGRATION EXERCISE**  
Ground up / Hand Links  
(Hub and spoke concept)

Think of your “core” as the hub and think of your legs and arms as the spokes. Whenever you are standing / walking / exercising or lifting/pushing/pulling there will be forces and pressure being transferred into the “core”. An integral part of retraining your pelvic floor / core is teaching it how to effectively absorb these forces as to prevent damage and further weakening.

The following exercises are designed to get your pelvic floor / core “listening” to the pressure that is coming in from the hands and feet and then activating to match the amount of force or pressure to ensure adequate support.

EXERCISE	WHEN / HOW OFTEN
<p>Ground Up Links “Leaning tower of Pisa”</p> <ul style="list-style-type: none"> <li>● Breathe IN (load)</li> <li>● Breathe OUT                             <ul style="list-style-type: none"> <li>○ Shift weight forward onto toes</li> <li>○ PULL up pelvic floor</li> </ul> </li> <li>● Shift weight back onto heels and relax pelvic floor</li> </ul>	<p>Repeat:                    in a row</p> <p>Do this:                    times a day</p>
<p>Hand Links “Doorframe exercise”</p> <p>Stand holding onto door frame with outstretched elbow</p> <ul style="list-style-type: none"> <li>● Breathe IN (load)</li> <li>● Breathe OUT                             <ul style="list-style-type: none"> <li>○ Pull on door frame with fingers</li> <li>○ PULL up pelvic floor</li> </ul> </li> </ul>	<p>Repeat:                    in a row</p> <p>Do this:                    times a day</p>

