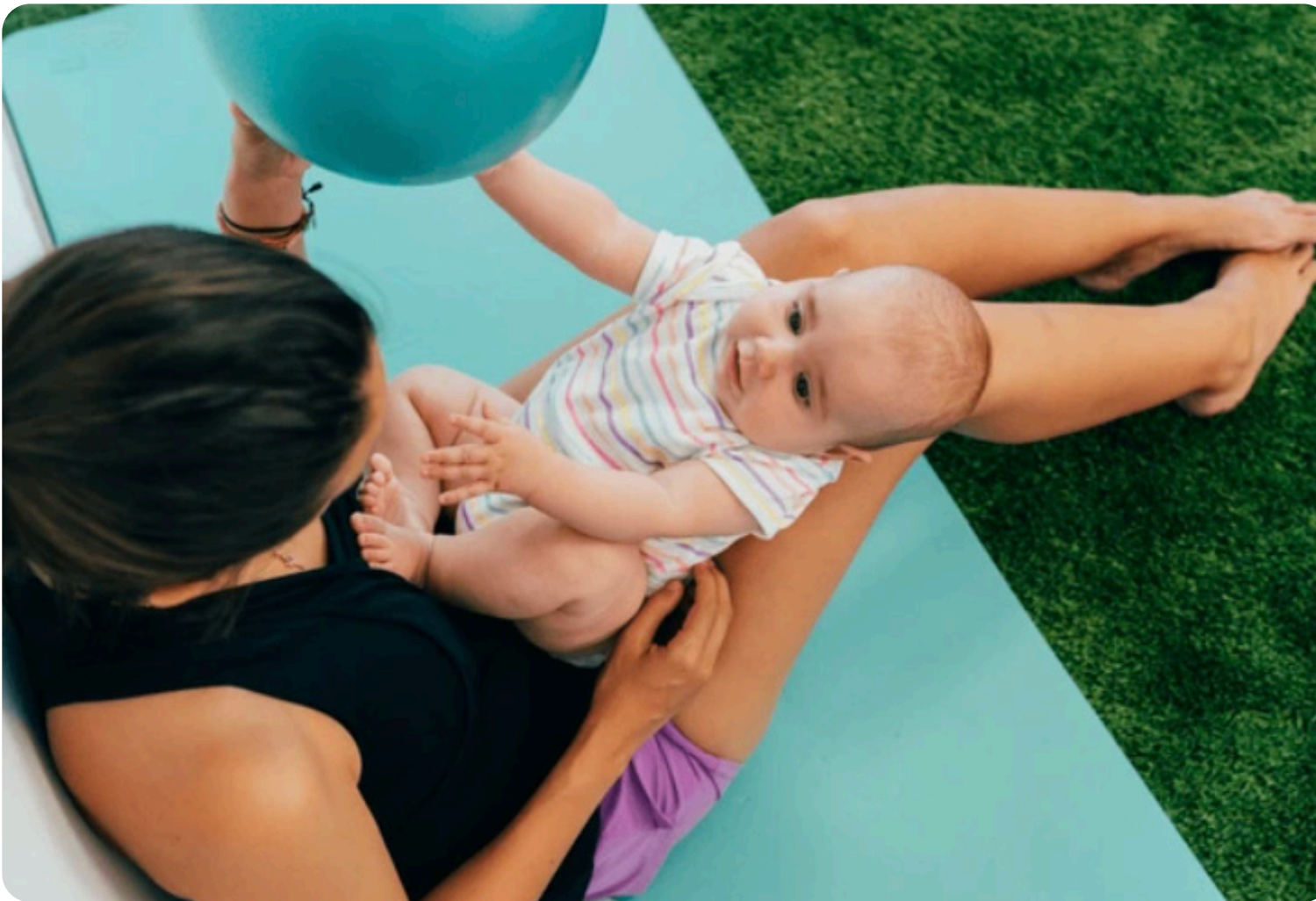




# Powerball

## Pelvic Floor Exercises



*Heart & Sole*  
PELVIC FLOOR THERAPY

## Pelvic Floor Exercises

With all of the exercises utilizing the ball you can incorporate pelvic floor muscle strengthening. **Remember these two rules:**

1. Engage your pelvic floor prior to contracting any other muscle
2. Focus on exertion on exhale. Squeeze your pelvic floor muscles and turn on other muscles while blowing air out slowly.

### Knee Adduction Squeeze with Pelvic Floor Contraction

2-3 Sets of 12 repetitions



While lying on your back, place a small ball between your knees. Inhale through your nose, slow exhale through pursed lips. On exhale pull your pelvic floor up and in (kegel) and squeeze the ball between your knees holding for at least 4 seconds.

### Bridge with Knee Adduction Squeeze

2-3 Sets of 15 repetitions



While lying on your back, place a small ball between your knees. Squeeze the ball and lift your buttocks towards the ceiling, hold for 3-5 seconds. Remember, do not hold your breath!

### Single Leg Bridge with Hamstring Activation

2-3 Sets of 10 repetitions



Place a small ball under your knee. Keeping the opposite foot in contact with the floor lift your body up toward the ceiling while squeezing the ball with the other leg. Hold for 3-5 seconds.

### Single Leg Bridge with Knee Adduction Squeeze

2-3 Sets of 10 repetitions



Lying on your back, place a small ball between your knees. Straighten one leg and push through the opposite leg lifting your buttocks towards the ceiling. Focus on keeping your hips and thighs level with each other. Hold for 3-5 seconds.

### Bird Dog with Hamstring Activation

2-3 Sets of 10 repetitions



Start on your hands and knees. Place your ball behind one knee. Engage your core muscles and raise one arm out straight followed by lifting the opposite leg while squeezing the ball. Focus on keeping your shoulders and hips parallel to the floor. Hold for 3-5 seconds and complete on the opposite side.

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### Bear Plank Holds

2-3 Sets of 10 repetitions



While on your hands and knees. Place a small ball between your knees. Squeeze the ball and engage your core. Press up through your feet so your knees are off of the ground keeping your back and hips in straight alignment. Hold for 6-8 seconds.

### Bear Plank Progression with Ball Squeeze

2-3 Sets of 8 repetitions



While on your hands and knees. Place a small ball between your knees. Squeeze the ball and engage your core. Press up through your feet so your knees are off of the ground keeping your back and hips in straight alignment. Shift your weight over on hand and tap your opposite shoulder. Alternate tapping right and left, aim for 12-16 repetitions.

## Alternating Lower Leg Tap Downs

2-3 Sets of 12-16 repetitions



Squeeze a small ball between your hands while holding your arms up straight. Start with your hips and knees at 90 degrees. Engage your core muscles by tilting your hips back and pulling your belly button to your spine. Slowly tap down one heel at a time, alternating right and left legs. Aim for 12-16 repetitions.

## High Plank Ball Press

2-3 Sets of 4 repetitions



Place a small ball under one hand and press up into a "push up" position. Focus on engaging your core and maintaining a straight back. The exercise can be modified by starting on your knees. Aim to hold this position for 15-20 seconds.

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### Modified Side Plank with Knee Adduction Squeeze

2-3 Sets of 4 repetitions



Lying on your side, place a small ball between your knees. Squeeze the ball between your knees and press up through your forearm by engaging your core. Try to keep your knees, hips, and shoulders in a straight line. Aim to hold this position for 10-15 seconds. Complete on the opposite side.

### Modified Side Plank Progression

2-3 Sets of 4 repetitions



Lying on your side, place a small ball between your knees. Squeeze the ball between your knees and press up through your forearm by engaging your core. Straighten your top leg and hold. Try to keep your knees, hips, and shoulders in a straight line. Aim to hold this position for 10-15 seconds. Complete on the opposite side.

### Abdominal Crunch with Ball

2-3 Sets of 12-16 repetitions



Start by placing a small ball near your mid back. Gently lie back onto the ball while engaging your abdominal muscles. Lift one leg bringing your opposite elbow to the knee into a crunch. Alternate right and left completing between 12-16 repetitions.

### Deep Core Stabilization

2-3 Sets of 12 repetitions



While lying on your back, place a small ball at your knee and hold in place with your opposite hand. Lift your leg to 90 degrees and gently push your hand into the ball while resisting the movement with your leg by engaging your stomach muscles pulling your belly button towards the floor. Hold for 3-5 seconds and do not hold your breath. Complete on the opposite side.

### Wall Squat with Knee Adduction Squeeze

2-3 Sets of 4 repetitions



Standing with you back against a wall place a ball between your knees. With your feet shoulder width apart, slide down the wall into a squatted position and squeeze the ball between your knees. Hold for 15-20 seconds.

## Pelvic Floor Stretches

### Prayer Stretch

Hold 30-45 Seconds



Start by reaching your hands forwards and down to the floor. Keeping your knees pointed out and apart from each other, gently rock your body back to your heels feeling a stretch in your pelvic floor, back, and arms.

### Figure 4 Stretch

Hold 30-45 Seconds



Left picture, lying on your back, cross one ankle over the opposite knee and gently push your knee down towards the floor. Right picture, lying on your back, cross one ankle over the opposite knee. Gently pull that leg toward your chest until you feel a stretch in your hips and glutes.



### Side Lunge Stretch

Hold 15-20 Seconds

Sit back onto one leg with the opposite leg out to the side. Focus on inner thigh and pelvic floor stretch.

### Back Lying Butterfly Stretch

Hold 30-45 Seconds



Lying on your back with your feet together, let your knees fall out to the side. Practice 360 breathing in this position.

### Deep Squat with Back Support

Hold 15-20 Seconds



Start with your back against the wall. Slowly lower your body down into a deep squat with your feet and knees pointing outwards. Breathe deep into your belly and pelvic floor.

### Happy Baby Stretch

Hold 15-20 Seconds



Lying on your back, grab the insides of your feet, gently pulling your legs up and out to the side.