

MoveWell® WIPE-OUT
Pelvic Floor Circuit

1



Squat

Stand with feet hip width apart and toes pointed straight ahead. Lower your body towards the floor by bending your knees and hips. Keep your chest up and move your butt back as if you are going to sit in a chair. Return to the starting position. Perform 20 repetitions.

2



Anterior Walking Lunge

Stand with feet hip width apart and toes pointed straight ahead. Take a long step forward with your right leg as you lower your body towards the ground. Make sure your knee stays in line with your second toe. Pull yourself to the starting position and repeat while taking a long step with your left leg. Perform 10 repetitions each leg.

3



Jump Lunge

Stand with one foot in front of the other. Jump up and switch foot position. Cushion your landing by bending at your hips and knees. Keep your front knee in line with your second toe. Perform 10 repetitions each leg.



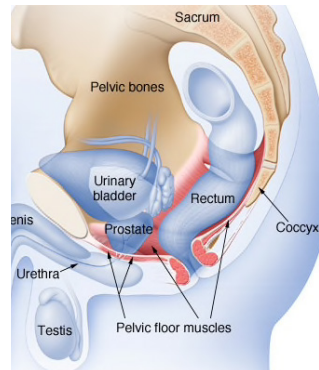
4



Mini-Band Walk

Place a mini-band around your ankles. Stand with feet shoulder width apart and toes pointed straight ahead. Keeping knees unlocked, perform sidestepping move to the right, keeping tension in the band. Make sure your toes point straight ahead. Perform 3 x 20 yards.

5



Kegel's Exercise

Sit or lie down with your knees bent and feet flat on the floor. Tighten your pelvic floor muscles. To identify your pelvic floor muscles, imagine you are stopping urination mid stream. Hold for 1 seconds. Perform 20 repetitions. Work up to doing 100 repetitions.

6



Bridging

Lie on your back and bend your knees up with your feet on the floor. Lift your butt off the floor and squeeze your gluteal muscles at the top of the lift. Return to the starting position. Perform 20 repetitions.

What is Pelvic Floor Dysfunction?

The pelvic floor is a series of muscles responsible for helping bowel and bladder control. Pelvic floor disorders may be caused by pregnancy, menopause, prior surgery, pelvic radiation, over exertion with lifting and or aging. Pelvic floor dysfunction may result in bowel or bladder incontinence.

The Why Behind the What

Exercise #1 - Squat

This exercise is a great way to activate the large muscles of the hips and thighs. The stronger your legs are, the stronger your pelvic floor muscles will also be.

Exercise #2 - Anterior Walking Lunge

This exercise strengthens the legs in a pattern similar to walking or running. Make sure your posture is correct to ensure you are using the muscles of your hips and thighs. You should not experience any knee pain or pressure with this exercise.

Exercise #3 - Alternating Jump Lunge

This is a more ballistic version of exercise #2. By incorporating jumping activities, you further activate the muscles of the legs and pelvic floor. Start with just a little knee bend and work your way to doing a full lunge. Make sure you cushion your landing and aim to land softly.

Exercise #4 - Mini-Band Walk

This exercise activates the gluteus medius, the muscles on the side of your hip. The better this muscle works, the better your gluteus maximus muscle works.

The Common Causes of Pelvic Floor Dysfunction

Tight muscles deep in the hip may cause the pelvic floor muscles to weaken. Specifically, the deep external rotators, such as the obturator internus or piriformis, may have an effect on the pelvic floor. These are often tight if the gluteus maximus or gluteus medius muscles are weak.

Weak abdominal muscles may also affect the pelvic floor. By strengthening the deep abdominal wall, pelvic position is corrected and may restore normal muscle control.

Exercise #5 - Kegel's Exercise

This exercise retrains the pelvic floor to contract. In many instances, the pelvic floor has been long and weak for an extended period of time. Doing this exercise retrains the pelvic floor muscles to work in the shorter neutral position.

Exercise #6 - Bridge

This exercise isolates the gluteal and hamstring muscles on the back of your hips and thighs. Make sure your knees stay in line with your second toe and do not fall out or in during this activity. As an advancement, you may add a Kegel's exercise at the top of the bridge.