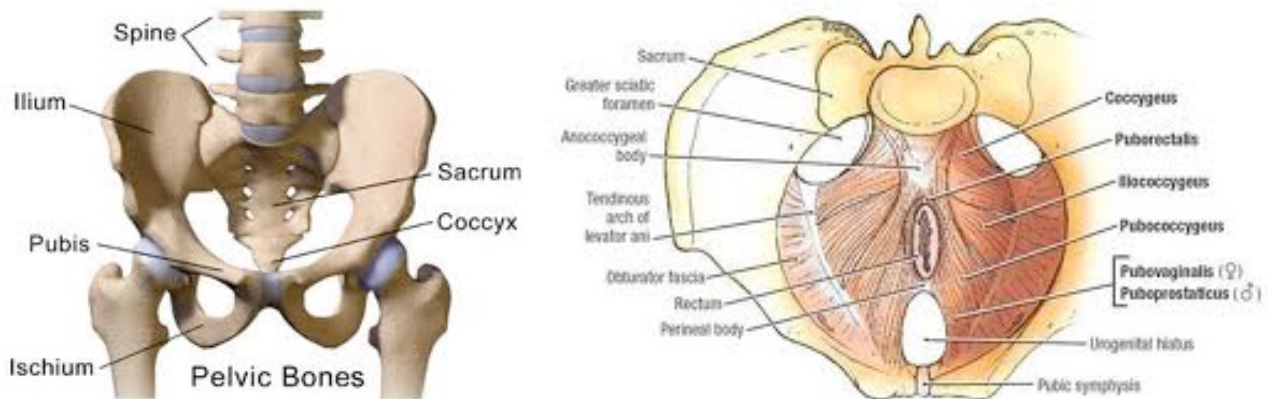


Balancing and Strengthening of the Pelvic Floor Exercise

The pelvic floor is made of muscles that connect the pelvis (pubis, ilium, and ischial bones) to the sacrum or tailbone. These muscles can be affected by pelvic patterns of imbalance (rotational, torsion, etc.) as well as when chronically used in an imbalanced way may affect pelvic position and function. The following is an exercise that will help you balance pelvic floor muscle function as well as strengthen muscles, which also help control function of the rectum and urogenital regions.



This exercise has a few different components to it and therefore has a multitude of positive effects in different ways. It begins each action with proper position of the feet, a Kegel contraction, and then squeezing a pillow between the knees. With chronic neck – low back pain we can also include the neck position along with the foot position prior to beginning the muscle contractions.

Kegel exercises while traditional considered for women are also powerful tools for men to help maintain pelvic floor health. To find the muscles you wish to contract during the Kegel exercise attempt to replicate the feeling of contraction you would have if you were attempting to stop yourself in the process of urinating. Once you can have a feeling of contracting those muscles this is how you will begin the “Balancing and Strengthening of the Pelvic Floor” exercise.

Next you will need a pillow or two to place between your knees. This part of the exercise can be performed sitting or on your back with your knees bent. Squeezing your knees together will help tense the muscles of the pelvic floor and use this muscle contraction to help balance the pelvis and sacrum to one another.



Balancing and Strengthening of the Pelvic Floor Exercise

Once you are familiar with the Kegel contraction and have your pillow placed between your knees, you are ready for the next step, which is foot placement. You will start by doing 5 repetitions of the exercise with both feet together, then 5 repetitions with the heels together and the toes apart, and then with the 5 repetitions with the toes together and heels apart. This helps work all parts of the adductor muscles that are connecting to the pubic bone.



Balancing and Strengthening of the Pelvic Floor Exercise

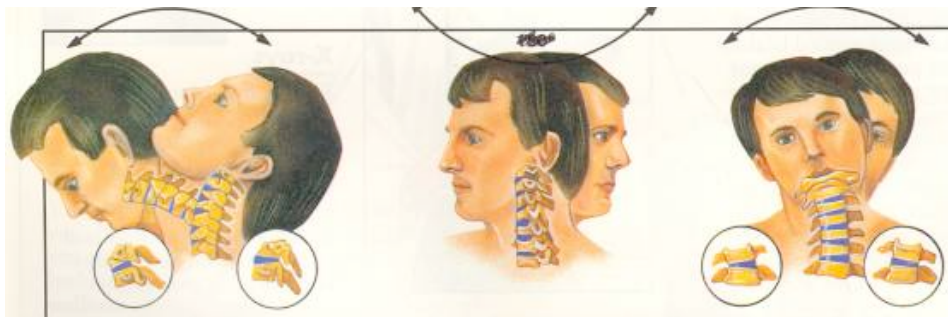
Step One: Place your feet in the proper starting position.

Step Two: Perform your Kegel contraction and hold while you do step two.

Step Three: Squeeze the pillow between your knees and hold this contraction for a count of one – two - and – three. Relax for 1-2 seconds and repeat 5 times ultimately in each of the three foot positions. This may be repeated more than once per day but fully resting in between doing another full set of 15 repetitions is just as important as doing the exercise

CAUTIONS: Never do this if your pelvic pain increases or your inner thigh muscles cramp. You may be trying a bit too much so try again but with less force to start and see how that feels. But if you still feel pain or discomfort stop and contact Dr. Blum.

Adding Neck Positions: If you are having chronic neck discomfort or neck and low back discomfort sometimes this following addition to the “Pelvic Floor Exercise” can be very helpful. It is exactly the same as above with the only addition being that you will perform 5 repetitions with your neck in a specific position: the head flexed forward, extended backward, turned to one and then the other side, and lastly leaning your neck to the right and then to the left for a total of a total of 30 repetitions. When adding the neck I only recommend doing this with only one position of your feet –the heels and toes together.



CAUTIONS: Aside from the above cautions for this exercise if adding the neck motions cause you neck or low back pain please stop this exercise and contact Dr. Blum for further instructions.