Refuah
Physical and Occupational Therapy

HOME EXERCISE PROGRAM

Pelvic Floor Home Program

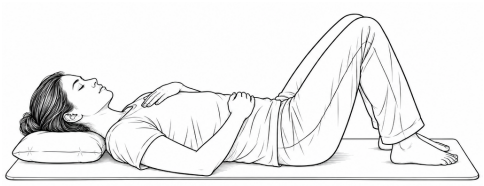
For women and men · 6 exercises · a mat and a chair

Patient name: _____ Date: _____

Clinician: _____

Slow hold: 5–10 sec **Quick flicks:** 10 reps **Start position:** ☐ Lying ☐ Sitting ☐ Standing

How: To find the right muscles, **lift and squeeze as if stopping gas and urine** at the same time. Don't hold your breath, and **relax fully between reps**: letting go matters as much as the squeeze. Don't practice by stopping your urine stream. Start lying down; move to sitting and standing as it gets easier.



1 Belly Breathing

☐ Assigned

Breathing with pelvic floor relaxation

1. Lie on your back, knees bent. One hand on your chest, one on your belly.
2. Breathe in slowly through your nose. Let your belly rise and your pelvic floor **soften and drop**.
3. Breathe out slowly through pursed lips and let your belly fall.

Key cue: Your chest stays quiet. Think "let go" down below on every breath in.

YOUR DOSE
- **Breaths** 10
- **Rounds** 1–2
- **Per day** 2–3×



2 Slow Holds (Kegels)

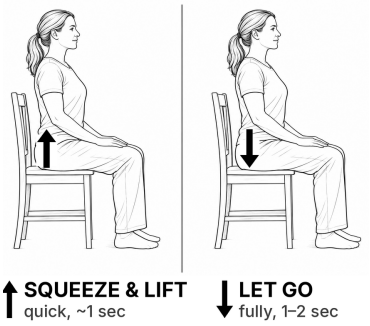
☐ Assigned

Pelvic floor strength and endurance

1. Sit tall, or lie on your back to start.
2. **Lift and squeeze** as if stopping gas and urine at the same time. Hold, breathing normally.
3. **Relax fully** for about 10 seconds before the next one.

Key cue: Don't hold your breath or clench your buttocks, thighs or tummy. A gentle, good squeeze beats a hard one.

YOUR DOSE
- **Hold** 5–10 sec
- **Reps** 10
- **Rest** 10 sec
- **Per day** 3×



3 Quick Flicks

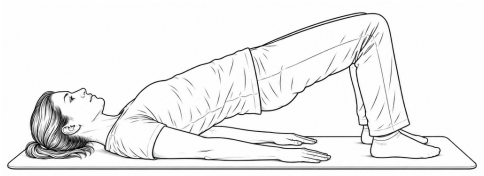
☐ Assigned

Fast squeeze, fast let-go

1. Sit tall on a firm chair (or stand), feet flat, breathing normally.
2. **Quickly squeeze and lift** as if stopping gas and urine, for about 1 second.
3. **Fully let go** for 1–2 seconds and feel the muscles drop back to rest. Repeat in a steady rhythm.

Key cue: The let-go is as important as the squeeze. Stop the set when you can't fully relax or the squeeze fades.

YOUR DOSE
- **Reps** 10
- **Sets** 1–2
- **Per day** 3×



4 Bridge with Pelvic Floor

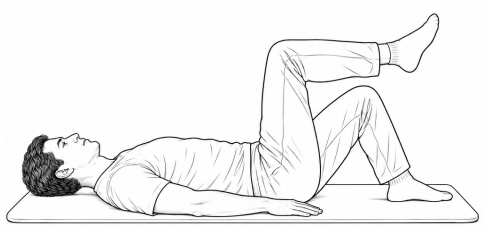
☐ Assigned

Glutes and pelvic floor together

1. Lie on your back, knees bent, feet flat, arms by your sides.
2. Breathe out, gently lift your pelvic floor, then squeeze your buttocks and **lift your hips**.
3. Hold, keep breathing, lower slowly, then relax your pelvic floor fully.

Key cue: Lift only as high as your back stays comfortable. No arching.

YOUR DOSE
- **Hold** 3–5 sec
- **Reps** 10
- **Sets** 1–2
- **Per day** 1×



5 Supine Marching

☐ Assigned

Core and pelvic floor bracing

1. Lie on your back, knees bent. Breathe out and gently draw in your lower tummy and lift your pelvic floor, about **one-third effort**.
2. Slowly lift one foot until the hip and knee are bent at 90°.
3. Lower it with control and switch sides.

Key cue: Your pelvis stays level and still. Keep breathing; never hold your breath.

YOUR DOSE

Reps	10 each
Sets	1–2
Per day	1×



6 Child's Pose

☐ Assigned

Relax and lengthen (down-training)

1. Kneel with knees apart and sit back toward your heels.
2. Fold forward, forehead on the mat or a pillow, arms out in front.
3. Breathe slowly into your belly and back. Let your pelvic floor **soften and open** on every breath in.

Key cue: It should feel restful. A pillow under your hips or chest helps if your knees are stiff.

YOUR DOSE

Hold	1 min
Reps	2–3
Per day	1–2×

Everyday tips

THE KNACK

- **Squeeze and lift just before** you cough, sneeze, laugh or lift, and hold it until you're done.
- Breathe out as you lift something heavy. Never bear down.

POSTURE

- Sit and stand tall, ribs stacked over your pelvis.
- Slumping pushes down on your pelvic floor. Change position often.

TOILET HABITS

- Sit all the way down (don't hover), feet on a small stool, lean forward and relax.
- Don't push or strain, and don't go "just in case."
- Drink water through the day.

Listen to your symptoms. These exercises should not hurt. **Stop and call the clinic if pain, leaking, pressure or heaviness get worse.** If squeezing makes pelvic pain worse, do only exercises 1 and 6 until you speak with your therapist.

Moving forward

- Do your program every day. Most people notice a change after 6–12 weeks, so keep going.
- As it gets easier, build up to 10-second holds, and move from lying to sitting to standing.
- Once it's a habit, add a few squeezes to daily moments: standing up, lifting, or waiting in line.

Safety: Stop and call the clinic if pain or symptoms get worse. Call 911 for sudden numbness in the groin or inner thighs, or a sudden new loss of bladder or bowel control. Get up from the floor slowly.

Notes from your clinician: