

# Pelvic Floor Strengthening Exercises

## Sitting (Long Squeezes)

- Sit up straight in a chair. Keep your feet flat on the floor.
- Imagine that you are sitting on the toilet having a bowel movement.
- Keep your stomach relaxed and keep breathing.
- Gently squeeze your rectum, like at the end of a bowel movement. Count for 5 seconds and release.

Repeat 25 times.

## Sitting (Short Squeezes)

- Sit up straight in a chair. Keep your feet flat on the floor.
- Imagine that you are sitting on the toilet having a bowel movement.
- Keep your stomach relaxed and keep breathing.
- Gently squeeze your rectum. Count for just 1 second and release.

Repeat 25 times.

## Standing and Lying Down

- Do 25 of the long squeezes for 5 seconds each.
- Do 25 of the short squeezes for 1 second each.
- Be sure to keep your buttocks and stomach relaxed.
- Keep breathing during the exercises.