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Cues for Women: Tighten & draw in muscles in vagina. A useful tip is to imagine a pencil is there, and then squeeze. Follow with instructions below.

Cues for Men: Tighten & draw in the muscles around the testicles, “ lift” muscles up inside, then follow instructions below.

1st Pelvic Floor Technique

- *Contract your pelvic floor muscles as above.*
- *Hold the contraction for 3 seconds then relax for 3 seconds. Repeat 10 times.*
- *Once you've perfected 3-second muscle contractions, try it for 4 seconds, alternating muscle contractions with a 4 second rest period. Work up to keeping the muscles contracted for 10 seconds at a time, relaxing for 10 seconds between contractions.*

2nd Pelvic Floor Technique

This will take a little time to master this method but, believe me, its worth it. This is my favourite.

- *Sit up or lie down if its easier – you can do it standing up when you get to master the technique.*
- *Place one hand on your pubis bone (see diagram) and the other on your coccyx*
- *Inhale expanding ribs*
- *Exhale and gently draw the pubis bone down toward your coccyx. If you have trouble, it is suggested you imagine a sharp needle moving towards your pubis bone – Ouch! that will certainly help you learn – and quickly!!! Inhale again, and repeat.*

Cues to 3rd Pelvic Floor Technique:

This technique is a traditional way of doing Pelvic Floor - particularly if you suffer from Hemorrhoids:

1. *Inhale (take a deep breath)*
2. *As you exhale, gently contract muscles around the anus and hold for the count of 3 – you can hold longer and stronger when the problem diminishes. N.B It is vital this contraction is performed on the EXHALED breath.*
3. *Start with 3 deep breaths and work up over a few days. Do the exercises 3 times a day. Once you've developed strength and have healed, don't stop. Keep doing these exercises as they have many more benefits.*

My suggestion: *These techniques will get easier the more often you do them. I do it at red traffic lights (forget the mobile) and roundabouts. Its become a habit.*

TIP: *Another really important point to remember is posture. If we sit in a slumped position, there is downward pressure on the pelvic floor. Sitting upright on our sit bones, and with our tummy muscles relaxed (forget about pulling it in), our pelvic floor muscles and other core muscles, remain activated and working nicely for you constantly. You'll benefit further if you also include Core Strength Exercises in your exercise regime. If you can do this regularly, you notice the difference in no time. Happy days!!*