

# PELVIC FLOOR THERAPY CHART

Patient: \_\_\_\_\_ Week Starting: \_\_\_\_\_

| EXERCISE                  | INSTRUCTIONS                                                                          | REPS/HOLD    | M T W T F<br>S S |
|---------------------------|---------------------------------------------------------------------------------------|--------------|------------------|
| Diaphragmatic Breathing   | Inhale deeply into the belly and ribs; feel the pelvic floor lengthen. Exhale gently. | 10 Breaths   |                  |
| Kegels (Quick Flicks)     | Contract and lift quickly, then relax completely. Focus on the release.               | 2 Sets of 10 |                  |
| Endurance Holds           | Lift and hold the contraction while continuing to breathe normally.                   | 5 x 10s Hold |                  |
| Happy Baby / Child's Pose | Hold position to encourage stretching and relaxation of the pelvic muscles.           | 60 Seconds   |                  |
| Pelvic Tilts              | Gently rock pelvis back and forth while lying on back with knees bent.                | 15 Reps      |                  |

## Therapist Notes:

\* Ensure all exercises are performed pain-free. If discomfort occurs, stop and consult your specialist.