



Pelvic Floor Protocol

The following exercises are common for treatment of pelvic floor issues. A traditional physical therapy clinic will charge you and your insurance company hundreds of dollars for them. We are giving them to you for **free**. If these exercises don't provide the help you need, Performance Health + Wellness will create a custom protocol to meet your needs.

1. **Diaphragmatic Breathing** – Inhale deeply, engage core and pelvic floor, then exhale. (3 sets of 10 breaths)
2. **Pelvic Holds** – Tighten and hold pelvic floor muscles for 5 seconds. (3 sets of 10 reps)
3. **Abdominal Bracing** – Tighten core and pelvic floor while breathing deeply. (3 sets of 10 reps)
4. **Supine Marching** – Lie on back, lift legs one at a time while keeping core engaged. (3 sets of 10 reps per side)
5. **Butterfly Stretch** – Sit with feet together, press knees toward floor. Hold for 20-30 seconds. (3 sets)
6. **Bridge with Kegel** – Perform a glute bridge while engaging pelvic floor. (3 sets of 10 reps)
7. **Hip Bridge with Ball Squeeze** – Squeeze a ball between knees while lifting hips. (3 sets of 10 reps)
8. **Side-Lying Hip Abduction** – Lie on side, lift top leg while engaging pelvic floor. (3 sets of 10 reps per side)
9. **Seated Pelvic Tilts** – Sit on a chair, tilt pelvis forward and backward. (3 sets of 10 reps)
10. **Deep Squats** – Lower into a deep squat, keeping heels down. (3 sets of 10 reps)

 **Videos of exercises available [HERE](#)**

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The exercises and information provided here are for general educational purposes only and are not intended as medical advice. Always consult with a licensed healthcare provider before starting any exercise program, especially if you have any pre-existing health conditions or concerns. Only a licensed healthcare provider can diagnose medical conditions and offer appropriate treatment. Proceed with caution and prioritize your health and safety.