

Inner Core / Pelvic Floor strengthening



Strengthen your inner core to reduce or prevent incontinence. Strong muscles promote sleeping through the night instead of waking to use the bathroom. A strong pelvic floor helps maintain neutral alignment of the skeleton to prevent pain.

Pull your pelvic floor tight as if holding back urine or gas. These exercises are also known as Kegel exercises.

Work to shut off the flow of urine at the end of urination.

Hold for 4 seconds and then relax. Do this 4 times a day.

Once you learn to slow or stop the flow of urine and relax to let it out, stop doing it while going to the bathroom, and only fire this muscle during position changes.

By progressing very slowly, adding 4 more once a week, you can prevent overuse. Overuse symptoms might include a burning sensation while urinating, pain in the stomach or pelvic floor region, going to the bathroom more frequently, or bladder or bowel incontinence (inability to make it to the bathroom in time).

If you experience any of these signs of overuse, stop all pelvic floor exercises for a week. Then start back, exercising less often, using lighter contractions, and progress more slowly.