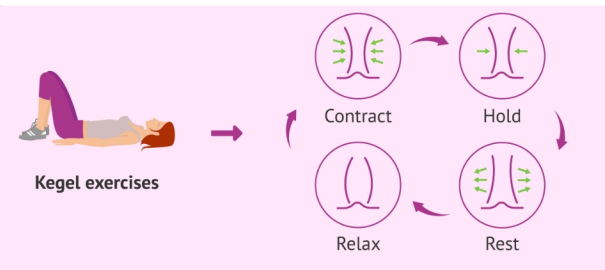


- Pelvic floor muscles support urinary bladder, bowel and genital organs
- Strengthening helps in urinary continence, bowel urge and prolapse

- Squeeze for 5 sec/ relax for 5 sec.
- Breathe freely throughout the exercise.
- Repeat exercise 10 to 15 times per session.
- Perform these sessions 3 times a day.



1 Lie down straight
Legs apart equal to
shoulder



2 Bend the knee. Contract
while lifting pelvis & back
upwards



3 On Palm & Knees- Contract & Bend



4 Sit, Stretch legs & Contract while
rotating foot
outwards



5 Sit down in cross legs
(Padmasana)& Contract



6 Stand firmly using table
Lift your heels while
squeezing pelvic muscles

