

Exercise Therapy

www.physiotherapyphd.com

PELVIC FLOOR MUSCLE EXERCISES/TRAINING

INTRODUCTION

The pelvic floor musculature is composed of several layers with bony attachments to the pubic bone and the coccyx. Pelvic floor muscle training is a valuable.

Muscles of Pelvic Floor are:

1. Pubococcygeus- Prime mover of the pelvic floor
2. Puborectalis- Puborectalis aids in closure of the rectum
3. Iliococcygeus Coccygeus- Flexes coccyx
4. Ischiocavernosus- Clitoral erection
5. Bulbocavernosus- “Drawing in” of the introitus, clitoral erection
6. Superficial transverse perineal- Fixes perineal body

Pelvic Floor Muscle Training

Always begin pelvic floor exercise training with an empty bladder.

Gravity-assisted positioning (hips higher than the heart, such as supported bridge or elbows/knees position).

Exercise	Description	Indication	Precaution
Contact Relax	Tighten the pelvic floor as if stopping urine flow or holding gas. Hold for 3–5 seconds and relax for an equal time. Repeat up to 10 times.	To Improve strength, endurance, and coordination	Avoid contraction of gluteals, abdominals, or hip adductors.
Quick Contractions	Perform quick, repeated contractions of the pelvic floor muscles while maintaining normal breathing and keeping accessory muscles relaxed. Aim for 15–20 repetitions per set. 3 sets per session	To Train type II muscle fibers for rapid response coughing, sneezing.	Avoid activation of accessory muscles.
Elevator Exercise	Imagine riding in an elevator. Contract pelvic floor slightly at each	To develop graded control, awareness, and eccentric	Make sure to have smooth, progressive contraction and relaxation.

	“floor” as you go up, adding more floors as control improves. Relax gradually as if descending.	relaxation of pelvic floor	
--	---	----------------------------	--

Reference: Kisner, Carolyn Therapeutic exercise: foundations and techniques / Carolyn Kisner, Lynn Allen Colby. — 5th ed.

For more notes click on:
www.physiotherapyphd.com