

DAILY PELVIC FLOOR EXERCISE

Inhale, relax pelvic floor down (like you're starting a stream of urine), tummy expands.

Exhale, squeeze & lift pelvic floor (like you're holding in a wee), tummy deflates.

Hold squeeze for 3-5 seconds, before a definite 'let go' as muscles relax.

Keep thighs & butt cheeks relaxed throughout.

Perform daily (3 sets of 10 repetitions OR until fatigue) - rest for few seconds between squeezes.

Change positions each set - sitting, lying, standing, kneeling.