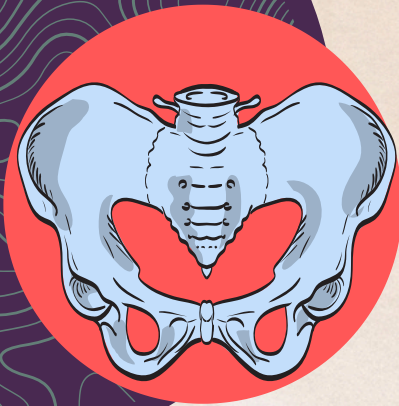


Our Top 5 Strengthening Exercises for Pelvic Floor



1

Bulgarian Split Squats:

- **Benefits:** Single-leg strength and stability.
- **How to Do It:** Stand a few feet in front of a bench, place one foot behind you on it, hinge forward at the hips, and lower into a lunge with your booty gliding backward and down. Push through the front heel to stand. Repeat on both legs. Even better, add a rotation (at the hips) toward the outside of the front leg when you lower.



2

Single-Leg Deadlifts:

- **Benefits:** Balance, coordination, and glute strength.
- **How to Do It:** Stand on one leg, hold a weight in the opposite hand, hinge at the hip by sticking bottom back behind you while extending the free leg back. Make sure knees are not behind ankle. Return to standing. Switch sides.

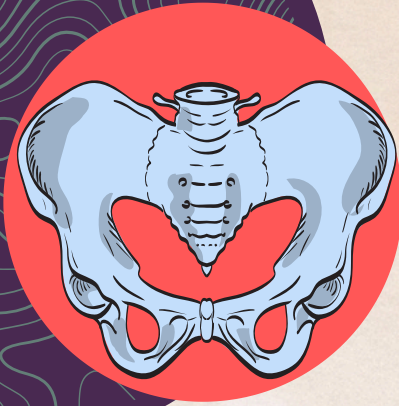


3

Thoracic Rotations:

- **Benefits:** Spinal mobility and improved rib cage excursion.
- **How to Do It:** Lie on your side, top knee or both knees bent, arms extended in front of you. Reach your top arm and torso backward, keeping knees together and hips stacked and still, then return. Repeat each side.





Our Top 5 Strengthening Exercises for Pelvic Floor

4

Hip Hinge with Resistance Band:

- **Benefits:** Strengthens the posterior chain.
- **How to Do It:** Stand on a resistance band, hinge at the hips with a slight knee bend (pretend you have hands full of groceries and need to close the car door) Return to standing, engaging your glutes - make sure you don't thrust forward at the top of the standing motion.



5

Side Lunges:

- **Benefits:** Lateral strength and hip stability.
- **How to Do It:** Stand with feet together, step to the side with one leg, bending that knee while keeping the other straight, then return to start. Go only as deep as feels comfortable and don't round your back. Alternate sides.



Tips:

- **BLOW BEFORE or As YOU GO:** Exhale with effort (e.g., as you stand, push, or pull).
- **Focus on Form:** Maintain proper technique and if you're going to load with added weight, only use what you can and still maintain good form and breathing mechanics.
- **Progress Gradually:** Adjust intensity based on fitness level.
- **Incorporate Breathing:** Use breathwork to engage the pelvic floor during exercises - inhale and expand ribcage as you lower into the exercise, exhale with effort.

Looking for more personalized exercise guidance or support
in returning to fitness? Give us a call! 505-333-9337.

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