

Total 9



DIAPHRAMATIC BREATHING

While lying down on your back, place one hand on your breast bone and one hand on your abdomen near your navel.

Slowly take a deep breath in and focus on trying to get your hand on your stomach rise while the hand on your breast bone remains still.

As you breathe in, the hand on your stomach should rise. When you breath out, the hand on your stomach should lower.

Repeat 2 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



Supine Pelvic Floor Muscle Kegel - Long Hold

Lie on your back with your knees bent and feet flat on the mat or bed.

Contract your pelvic floor muscles by tightening in the vagina.

Hold this contract for the prescribed length of time while continuing your normal breathing pattern.

Be sure to perform a full relax in between each contract. Do not hold your breath.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



Isometric Transverse abdominal contraction

Lay on your back with your knees bent.

Place your thumbs on your stomach just inside your hip bones to feel the muscle contract.

Activate your abdominals by pulling everything in. "Try to bring your navel to your spine."

Hold this contraction for as long as possible to improve endurance.

Learn to use this muscle with daily activities such as lifting, bending, rolling.

Repeat 2 Times
Hold 10 Seconds
Complete 1 Set
Perform 5 Time(s) a Day



Pelvic Floor and Transverse Abdominal Muscle Co-contraction

1. Breathe normally.
2. Gently activate pelvic floor muscles.
3. Gently tighten stomach (bring in the belly button).

Repeat 10 Times
 Hold 10 Seconds
 Perform 1 Time(s) an Hour

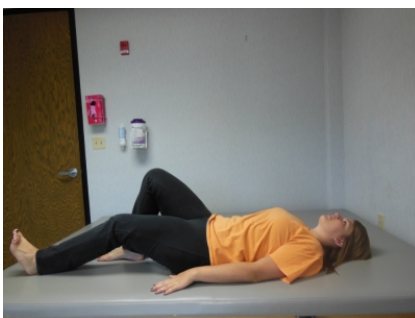


Abdominal contraction can be felt 1 inch in, and 1 inch down from pelvic bones.

Practice this co-contraction in various positions. Remember these muscles respond to the demands of the task, so you don't need to have maximally contracted muscles all day long (nor it is healthy).



- A. In Quadruped (all 4's)
- B. Laying on back
- C. Standing



Sahrman Exercise 1

1. Lie on the bed/floor with knees bent and arms at your side.
2. Hold your pelvic floor and abdominals muscles to keep your pelvis in neutral. Continue breathing normally.
3. Keeping one knee bent, slowly slide the opposite leg out until its straight, then slide it back in.
4. Relax your abdominals and repeat with other leg.

Repeat 20 Times
 Complete 1 Set
 Perform 1 Time(s) a Day

WHEN YOU CAN COMFORTABLY DO 20 LEG SLIDES ON EACH SIDE MOVE TO EXERCISE 2.



Sahrman Exercise 2

1. Lie on floor with knees bent and arms at your side.
2. Pull in your pelvic floor and abdominals, keeping neutral pelvis, and hold.
3. Raise one knee towards your chest and slowly straighten it out parallel to the floor.
4. Return extended leg to starting position and repeat with other leg.
5. Work up to 5 reps on each side without stopping.

Repeat 20 Times
Complete 1 Set
Perform 1 Time(s) a Day

ONCE ABLE TO PERFORM 20 OR MORE ON EACH SIDE THEN MOVE TO EXERCISE 3



Sahrman Exercise 3

1. Pull in your pelvic floor and abdominals, keeping neutral pelvis and hold.
2. Lie on your back with knees bent and arms at your side.
3. Bring your legs up one at a time towards your body with knees bent.
4. While keeping a neutral pelvis, tap a heel down while stabilizing.
5. Alternate legs and repeat.

Repeat 20 Times
Complete 1 Set
Perform 1 Time(s) a Day

ONCE ABLE TO PERFORM 20 REPS ON EACH LEG MOVE TO EXERCISE 4.



Sahrman Exercise 4

1. Pull in pelvic floor and abdominals, while keeping neutral pelvis.
2. Lie on your back with knees bent up at 90 degrees with arms at side.
3. Slowly extend one leg out, parallel with the floor but not touching it and return to starting.
4. Repeat with opposite leg.
5. Work up to 10 reps on each leg.

Repeat 20 Times
Complete 1 Set
Perform 1 Time(s) a Day

DON'T LET YOUR BACK POP UP, if it does begin to pop up during the exercise, then you're not strong enough to progress to this level and return to exercise 3.

WHEN ABLE TO PERFORM 20 REPS ON EACH LEG WITHOUT DISCOMFORT OR ARCHING (POPPING) YOUR BACK MOVE TO EXERCISE 5.



Sahrman Exercise 5

1. Pull in pelvic floor and abdominals, keeping neutral pelvis, and breathe.
2. Bring both legs to your chest using basic breath one at a time, and straighten both legs in the air at 90 degrees from hip.
3. Keeping legs together, slowly lower them down toward the floor as far as you feel comfortable.
4. Work up to 20 reps.

Repeat 20 Times

Complete 1 Set

Perform 1 Time(s) a Day

IF YOU NOTICE BACK PAIN WITH THIS EXERCISE--STOP--RETURN TO EXERCISE 4