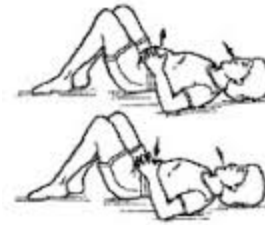


Core Strengthening

Exercises

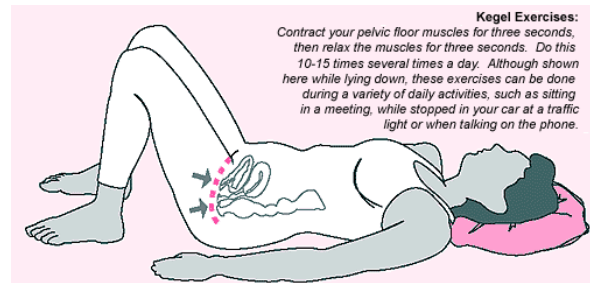
1. Belly/diaphragmatic breathing: Lie in a comfortable position. Take a deep breath in and allow your belly to expand. Do not lift your collarbones or shoulders. Exhale and repeat 4 times.



2. Transverse abdominis: Lie on your back with knees bent. Find the bony bumps on the front of your hips (anterior superior iliac spine). Move your fingers about 1" down and in, where you feel a soft, relaxed muscle. Tighten that muscle by pulling your belly button toward your tailbone. Hold for 10 seconds and repeat 5 times. Remember to breathe! Keep everything else relaxed.



3. Pelvic floor/Kegel: Lie in a comfortable position or sit in a chair. Tighten the entrance to your vagina and try to lift toward your belly. Alternatively, you can imagine needing to stop your urine mid-stream. Hold for 2-3 seconds and repeat 10 times.



4. Progression: Start on your hands and knees. Pull your belly button toward your tailbone and squeeze around your vagina as in the exercises above. If you can, lift one arm in front of you (like Superman flying) and/or one leg behind you. Take care not to allow your trunk to rotate – your back should be flat with shoulders and hips square to the floor. Hold for 5 seconds, repeat 5 times. Remember to breathe!

