

5 Pelvic Floor Exercises

THE STRAW

Imagine that you have a straw placed deep inside your vagina. The end of the straw is dipped into a glass of water. Now clench your muscles to grip that straw to hold it in place and thus making a seal. Then imagine you are drawing up water from the glass. You are trying to empty a glass that is full of water. Once it is emptied, you can release the water back into the glass. **This exercise engages the vaginal wall muscles, but not the entrance to the vagina.**

THE ELEVATOR

Imagine that you have an elevator at the entrance of your vagina. Draw up the elevator to the first floor and hold for a few seconds, then release down to ground floor. Now imagine the elevator go up to first floor, stop briefly, then go up to the second floor, brief stop, then reach the third floor and hold. After a few moments release the elevator down to the ground floor, stopping off at second and first floor.

THE TAMPONATOR

Imagine that your tampon is about to fall out, tighten the entrance to the vagina and then imagine you are trying to pull it back up inside you. **This exercises the sphincter muscles and vaginal wall.**

YOGA HOLD

In a seated position on a cushion you can do 3 rounds of this exercise. Inhaling drawing up your pelvic floor starting from you back passage, sweeping forwards towards your front. Draw your pelvic floor in for no longer than 5 seconds, meanwhile keep breathing in and out. Then on an exhale release your pelvic floor completely. **This exercises the whole of the pelvic floor muscle area.**

THE FLOWER

Imagine that your pelvic floor muscles are a flower. It is first thing in the morning so the petals of your flower need to open. Now envisage the sun setting and close the petals of your flower. Combine with hypnobirthing visualisations.