

lee chiropractic clinic

Eugene Lee, DC, FCCSS(C)

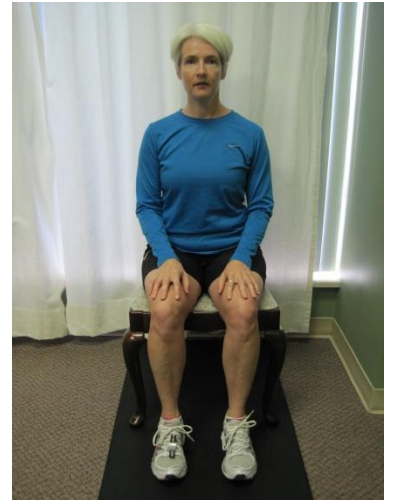
Anne M. Maylin-Lee, DC

Nathan Ng, BKin, DC

Pelvic Floor (Core) Strength

1. Elevators

Sit upright in a chair, feet flat on the floor. Imagine 2 elevators, moving together. Elevator A = your pelvic floor; Elevator B = your abdominal muscles. Both elevators will travel 5 floors up and 5 floors down. Breathe calmly. On an exhale, "squeeze" both elevators up to floor 1, floor 2... to floor 5. Slowly, with control, on an inhale, "lower" both elevators from floor 5, floor 4... to floor 1. Repeat 25 times. Practice daily.



2. Pelvic Floor Ball Squeeze

Stand on the floor, feet wide, straddling an exercise ball. Rise up on your toes, and collect your balance. Stay on your toes for the whole sequence. To ensure proper positioning, correct any forward lean. Keep buttock muscles loose. Squeeze the ball between your knees, while also tensing abdominal and low back muscles.

*Notice that the pelvic floor muscles squeezed while knees squeezed the ball. Release and repeat 20 times.

