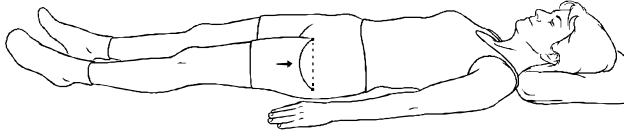
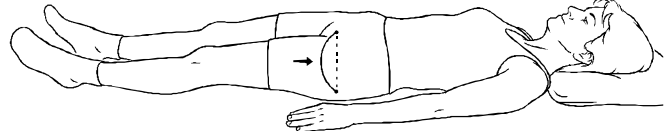


PELVIC FLOOR ISOLATION - 16 Slow Contraction:
Gravity Eliminated (Supine)



Lie flat. Slowly squeeze pelvic floor for 10 seconds.
Rest for 5 seconds. Repeat 15 times.
Do 2 times a day.

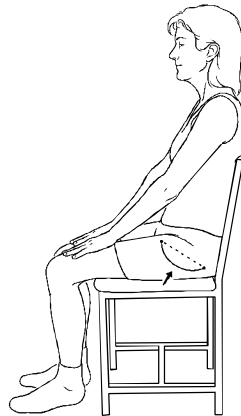
PELVIC FLOOR ISOLATION - 2 Quick Contraction:
Gravity Eliminated (Supine)



Lie flat. Quickly squeeze then fully relax pelvic floor.
Perform 1 sets of 15. Rest for 2 seconds between reps. Do
2 times a day.

PELVIC FLOOR ISOLATION - 24
Slow Contraction: Gravity Resisted
(Sitting)

Sitting, slowly
squeeze pelvic floor
for 10 seconds.
Rest for 10
seconds.



Repeat 10 times.
Do 3 times a day.

PELVIC FLOOR ISOLATION - 10 Quick Contraction:
Gravity Resisted (Sitting)

Sitting, quickly
squeeze then fully
relax pelvic floor.

Perform 1
sets of 10. Hold 2
seconds
Rest for 5 seconds
between sets.
Do 3 times a day.

