

THE *knack*

The pelvic floor is an anticipatory muscle, which means it anticipates a movement or an increase in intra abdominal pressure and engages appropriately to meet the demands of the task, giving support and keeping us dry. Unfortunately, the pelvic floor can lose its neuromuscular timing, meaning there can be a slight delay in its engagement, allowing urine to escape.

WHAT IS THE KNACK?

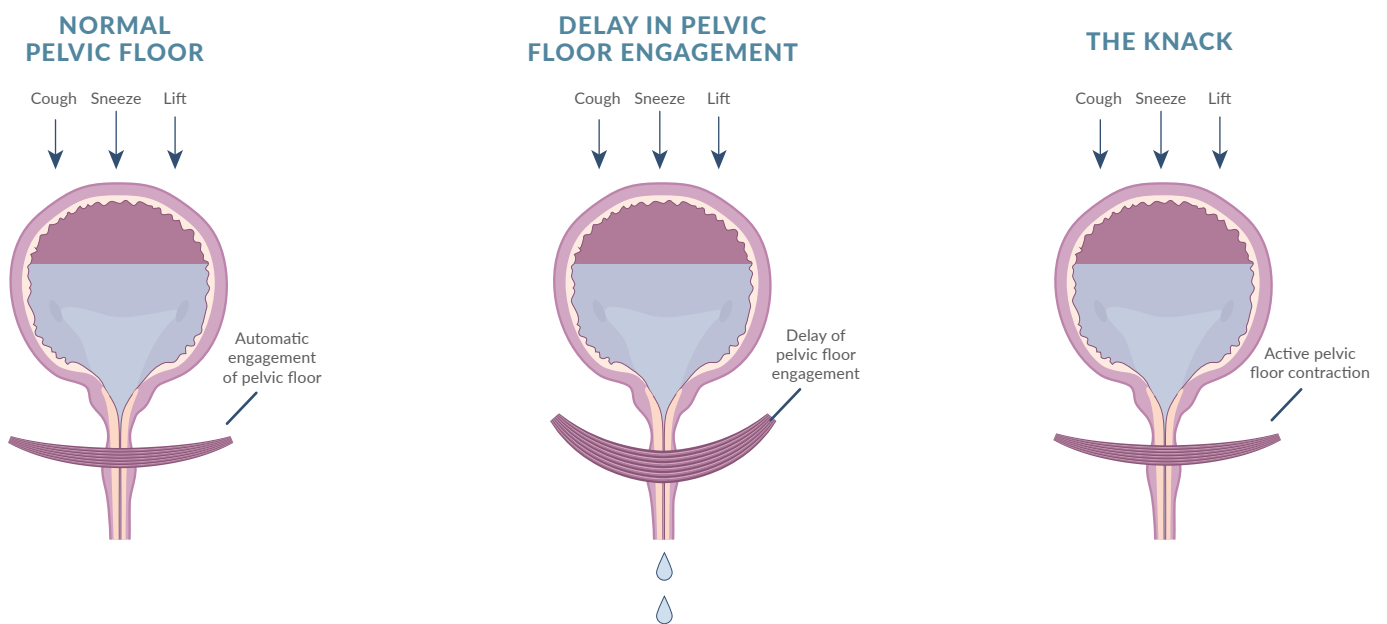
The knack is a well timed, well coordinated engagement of the pelvic floor muscle, that has been shown to reduce the incidence of light bladder leakage when coughing and sneezing.

WHO IS IT FOR?

The knack was designed for anyone with light bladder leakage, but it is good for anyone who has lost the neuromuscular timing of their pelvic floor.

WHEN DO I PERFORM THE 'KNACK'?

The knack is performed just prior to a cough, sneeze, blowing nose, standing from a seated position, lifting or stepping down heavily, with the aim of keeping your pants dry while improving your neuromuscular timing.



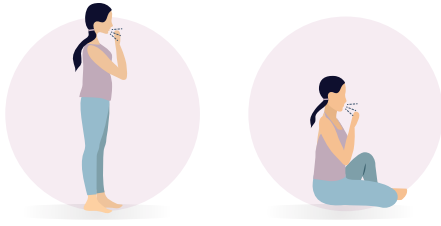
TIPS

- The knack is essentially a kegel, where one of the best cues for engagement of the pelvic floor is to squeeze your anus towards your pubic bone and lift.
- Prior to coughing and sneezing take a breath in, allow your breath in to create length in you pelvic floor; just before you are about to cough, sneeze or lift, engage your pelvic floor. Contracting too early can prevent your pelvic floor muscles from fully lengthening and gaining the strength required for the knack.
- When you are about to cough or sneeze ensure you have good posture and alignment, this supports your pelvic floor to have a strong and efficient contraction.
- Ensure you do not perform the knack too early, just prior to the cough or sneeze. Contracting too early can prevent your pelvic floor muscle fully lengthening and gaining the strength required for the knack.
- After you have finished coughing/sneezing come back to a relaxed breath to ensure your pelvic floor is not gripping and that it is going through it's full range of motion. (relaxed breathing picture)

EXERCISES TO WORK ON YOUR NEUROMUSCULAR TIMING

1

KNACK WHILE COUGHING

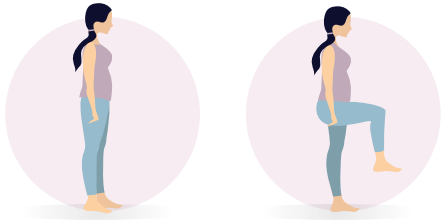


- Standing or sitting with your ribs aligned over your pelvis
- Take a relaxed breath in, allowing your pelvic floor to lengthen.
- Actively engage your pelvic floor just before you do a small (pretend) cough.
- After you cough, allow your pelvic floor to relax.
- **Progress** this exercise with more forceful cough, or repeating a couple of coughs in a row maintaining your pelvic floor contraction throughout as you do so.
- Remember to allow your pelvic floor to relax after completing this exercise.
- Perform this _____ times on each side daily.



2

STANDING ON ONE LEG



- Finding optimal standing alignment.
- Take a relaxed diaphragmatic breath in.
- Blowing as you breathe out, feel your pelvic floor lift.
- When you feel your pelvic floor lift, raise your right leg.
- Perform this _____ times on each side daily.



3

STEP FORWARD



- Standing on one leg in a stalk posture, your hip and knee at 90 degrees.
- Take a relaxed diaphragmatic breath in.
- Blowing as you breathe out, feel your pelvic floor lift.
- As you continue to breathe out, transfer your weight, by leaning forward and allowing your bent leg to land in front of you, coming up onto your toes on your back foot.
- Perform this _____ times on each side daily.



4

SQUAT JUMPS



- Starting in a relaxed squat position, take a relaxed diaphragmatic breath in.
- Blowing as you breathe out, feel your pelvic floor lift.
- Continue breathing out as you perform a mini jump. Push up through your toes, without coming off the ground and landing with your flat.
- As you breathe in, return to the original squat position.
- Perform this ___ times a day.
- **Progress:** As you gain confidence and strength you can progress this activity by allowing yourself to come 2-3 cm off the ground

