6 Pelvic Floor Exercises

Strengthen Your Pelvic Floor to Reduce Incontinence

Incorporate these pelvic floor strengtheners into your daily routine to help reduce incontinence and strengthen your core.

1. **Bridges**
   - Hold your knees together and hips raised while squeezing your pelvic floor muscles.

2. **Squats**
   - Keep your back flat and squat down while engaging your pelvic floor muscles.
   - "Great labor preparation pose!"

3. **Triangle Pose**
   - Use a block if you can't reach, but this pose is great for alleviating low back pain and stretching your hamstrings.

4. **Cat/Cow Pose**
   - This move helps lengthen your pelvis and pelvic floor to unlock more mobility in your spine.

5. **Warrior 2 Pose**
   - This wide stance to open your pelvic floor while strengthening your core.
   - "Great labor preparation pose!"

6. **Side Planks**
   - Strengthen your core muscles with this stabilizer while activating your obliques.