

## Pilates & The Pelvic Floor Sling

Challenge: while standing on one leg - can you maintain your PF activation while lifting your foot off the ground?

3 Sets / 10 Reps / 1 s hold



### 1. Pelvic tilt into bridge

Lie on your back with your knees bent and feet flat on the floor. Pull your belly-button towards your spine and clench your buttock muscles to roll the tail bone up off the floor. Continue this movement, rolling your spine off the floor until you have a straight line from your knees to your shoulders. The majority of the effort should come from your abdominal and buttock muscles. Reverse the movement, to lower your hips back down, ensuring you keep your buttock muscles clenched until the end of the movement.

3 Sets / 10 Reps / 1 s hold



### 2. Heel slides from supine to crook lying

Lie on your back with your legs straight out in front of you. Ensure you point your knees and toes directly up to the ceiling. Exhale and tighten your abdominal and pelvic floor muscles, stabilising your trunk and your pelvis. Simultaneously slide one heel along the floor towards your buttock. Hold this position as you inhale. Exhale and slide the foot back down to the starting position. Make sure your knee continues to point directly up to the ceiling throughout this entire movement.

3 Sets / 10 Reps

### 3. Seated marching on stability ball

Sit on a stability ball with both feet firmly on the floor. Roll your hips forward and backwards until you find your neutral sitting position. Hold this pose whilst you lift up one knee. Bring the leg back down before lifting up the other knee. Continue in this manner so that you are marching your legs.

*Can also be done on a chair*

3 Sets / 10 Reps / 1 s hold



### 4. Alternate hip extension in 4 point kneeling - with pelvic floor activation

Start on your hands and knees, with your hands under your shoulders, and knees under your hips. Make sure your back is flat. Gently squeeze your pelvic floor and stomach muscles. Without moving your back, slowly lift one leg out behind you. Bring the leg back down. Repeat with the other leg. Keep your back still throughout the movement.

**5. Hip abduction - side lying (Add Theraband if you want resistance)**

1



2



Lie on your good side, making sure there is a straight line from your head, through your trunk, down your legs to your toes.

Straighten your legs and pull the toes up towards you.

Raise the top leg straight up, then control the motion back down.

Ensure your leg goes directly up, as though sliding up and down a wall.

**6. Pelvic floor activation in stand**

1



2



Stand up straight with your legs hip width apart.

Soften your knees so they are not in a locked position.

Focus on steady breathing throughout this exercise.

To activate your pelvic floor try to contract your anus, vagina and urethra inward and upward.

You can imagine that you are trying to pull a zipper closed with your pelvic floor from the bottom up.

*Progress by lifting one knee at a time slowly, while maintaining pelvic floor activation.*