

PELVIC FLOOR MUSCLE TRAINING

✘ 6 Common Mistakes

&

How to Correct Them ✔

MISTAKE

Squeezing the wrong muscles



CORRECT

Identify & isolate the pelvic floor muscles to start training

MISTAKE

Straining, holding your breath, or pushing down



CORRECT

Breathe and lift the floor up, closing the openings

MISTAKE

Squeezing extra muscles when working on isolating

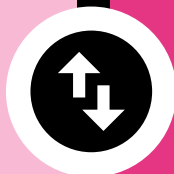


CORRECT

Keep the hips, buttocks, and legs quiet

MISTAKE

Wrong starting position



CORRECT

Weak: gravity-assisted position
Strong: exercise against gravity

MISTAKE

Performing in isolation only



CORRECT

Integrate with activity
(progress as able)

MISTAKE

Practicing quick flicks only



CORRECT

Practice strong quick squeezes, endurance holds, gentle butterfly holds, and letting go completely