

Strengthening Exercises

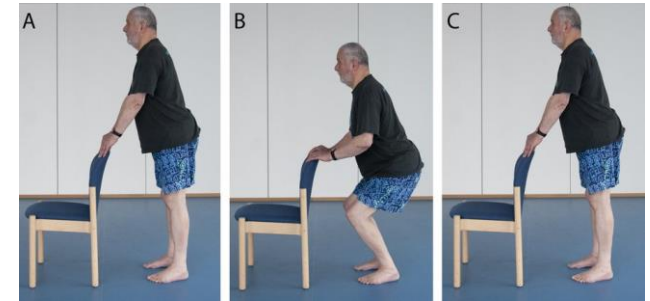
Squats

1. Stand in an upright position. Feet slightly wider than shoulder-width apart and toes slightly pointed out.
2. Bend knees and push hips and butt back as if sitting in a chair. Keep chin tucked and neck neutral.
3. Drop down until thighs are parallel to the ground, keeping your weight in your heels and knees bent slightly outward.
4. Straighten legs and return to an upright position. Repeat up to 10 times.
5. Use a chair to assist in squatting if you have bad knees.

Regular squat



Modified squat



Bridge

1. Lie down on your back, bend knees, and place feet flat on the floor about hip-width apart or place a ball in between. Raise arms straight above your head.
2. Contract the butt and pelvic floor muscles to lift the butt several inches off the ground.
3. Hold this position for 3–8 seconds.
4. Relax the butt and pelvic floor muscles to lower the butt to the ground.
5. Repeat up to 10 times. Rest, then perform up to 2 additional sets.



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增強盆底肌肉的運動

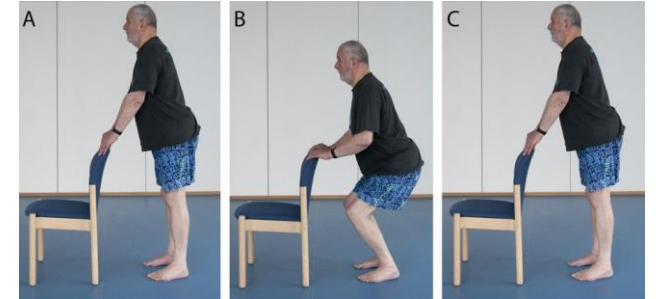
深蹲

1. 雙腳站立與肩同寬，腳趾略微向外。
2. 膝蓋微彎，臀部施力向後，就像坐在椅子上一樣。保持下巴和頸部放鬆。
1. 蹲下直至大腿與地面平衡，把重量放在腳跟，膝蓋稍微向外。
1. 伸直腿，回到直立位置。重複最多10次。
2. 如果膝蓋不好，請使用椅子協助蹲下。

正常深蹲



椅子協助的深蹲



橋式

1. 仰躺，彎曲膝蓋，將雙腳平放在地上，兩腳之間保持與臀部相約的寬度，可在大腿中間放置一個球。將手臂抬高到頭頂上方。
2. 收縮臀部和盆底肌肉，將臀部抬離地面幾英寸。
3. 保持該姿勢3-8秒。
4. 放鬆臀部和盆底肌肉，將臀部降低到地面。
5. 重複最多10次。休息一下，然後再進行兩組。

