PELVIC FLOOR EXERCISES

SUPINE 90-90 MARCHING/PELVIC BRACING

DIFFICULTY: MODERATE TO DIFFICULT
TYPE: RANGE OF MOTION/CONDITIONING
GOAL: BUILD CORE STRENGTH

PROCEDURE

1. Lie on your back with your pelvis and lower back flattened against the surface.
2. Raise your legs to the “90-90 position”: Your knees are raised the air and bent at 90 degree angles. This is the same posture as if you were sitting in a chair, except that you are lying on your back.
3. Do not allow your lower back to arch upwards during the entire exercise.
4. Lower one leg so your foot almost touches the floor.
5. Hold for 1 second.
6. Return your leg to the 90-90 position.
7. Perform the same exercise as above with the other leg.
8. Repeat 10 times.
9. Complete 1 set once a day.