**Begin Core & Pelvic Floor Healing Exercises**

**Knee squeezes**

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* Lie on your back knees bent feet flat
* Place a ball or pillow between your knees
* Toes turned in slightly & feet 4 to 5 inches apart
* Arms down to the sides palms facing up
* Inhale through your nose into your back + sides + front 360º
  + Relax pelvic floor
* Exhale slowly like fogging a mirror
  + Squeeze the ball
  + Gently lift pelvic floor up inside
  + Feel ribs drop because of full exhale

**Hooklying Arm Glides**

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* Lie on your back knees bent feet flat
* Rest your arms in a goal post position with backs of hands on the floor and elbows on the floor
* Inhale: back, sides and abdomen and pelvic floor relaxes.
  + Feel the pressure go down to pelvic floor feeling it relax
* Exhale: bring lower belly in
  + engage pelvic floor
    - ribs pull down
    - slide up with arms don’t let back arch way up off floor

**Hand/Leg Opposite Lifts**



* Kneel with knees directly below hips and wrists directly below shoulders
* Exhale drawing abdomen toward the spine as you push the left leg / heel straight back and reach right arm out in front of you – HOLD FOR FULL EXHALE ( you can just do legs if you feel imbalance doing arm & leg)
* Inhale as you have all 4’s on ground again
* Alternate sides