

WWW.PELVICANGEL.COM

It is always better to work with a women's health physiotherapist to learn the correct techniques.

Find the nearest physiotherapist to you. www.pelvicorganprolapse.org

Fill in the days of the week and record each time you complete an exercise with a tick. Try 5 times a day

Week 1

Pelvic floor muscles	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Sitting	fast						
	slow						
Standing	fast						
	slow						
Daily walk							
Notes							

Week 2

Pelvic floor muscles	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Sitting	fast						
	slow						
Standing	fast						
	slow						
Daily walk							
Notes							

Week 3

Pelvic floor muscles	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Sitting	fast						
	slow						
Standing	fast						
	slow						
Daily walk							
Notes							

Week 4

Pelvic floor muscles	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Sitting-	fast						
	slow						
Standing -	fast						
	slow						
Daily walk							
Notes							

These exercises are designed to be done in conjunction with using IncoStress and your physiotherapist training

