

Activating the Pelvic Floor

Practice the Lift and Release

I have been practicing the lift and release on my own for several years now. I was not ever told to hold it though. So, the difficult part for me was holding. I can only get to 3 before I feel it releasing on its own. I will work on holding it for longer.

Practice the Lift, Squeeze and Release

This one is tricky, I have been trying it, but can't seem to get even 3 squeezes in before it all goes south. During sex I can squeeze multiple times but I am not lifting at the same time. This coordination is difficult. I can see why it is hard for people. I'm going to have to work more on this one too. It does help to imagine an object there.

Practice "Potty Posture"

I have been bad at this. We do not have a squatty potty, even though I have been wanting one, my husband thinks it's ridiculous. But I did notice a big difference in my ability to effectively empty my bowels when my back was straight, and my feet were elevated. I am going to convince him of the science behind this.

Practice TA/PF disassociation with bowel movements

This one didn't seem like it was going to be very hard, but it really was. I can relax my pelvic floor on its own, but when I try to engage my TA, my pelvic floor engages too. Avoiding tensing up and using the exaggerated exhale is helping.