How to “Drop” your Pelvic Floor

Like other muscle groups in the body, the pelvic floor has an available range of motion. When we contract the pelvic floor, the muscles should lift. When we let go of the contraction, the muscles should return to their resting position. This resting position does not mean that these muscles are not doing anything. On the contrary, the pelvic floor muscles are still slightly working when at rest (since they are still supporting) and therefore may have some tone at that position.

Pelvic floor drops are the opposite of the contraction. The drop is best felt or recognized as the motion felt when we start to urinate. No, this is not a huge movement. The following diagram depicts the pelvic floor muscle moving from rest to a contraction (A) and from rest to drop of pelvic floor (B).

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A. Contraction       B. Drop

To get your first attempt to drop the pelvic floor at home, we suggest trying after urination. When you are finished urinating, stand up and then sit back down. Try to recreate the motion to start urinating. DO NOT PUSH!! Also, there maybe some urine that comes out again, but this does not necessarily occur.

The home exercise should be performed as follows:

- Drop for count of 5
- Let go
• Repeat 5 times
• Repeat exercise 5/day