



## EXERCISING THE CORE MUSCLES WITHOUT DAMAGING THE PELVIC FLOOR

The core muscles make up an essential group of muscles within the body. These muscles help provide balance, strength, and stability to the core region of the body. It is a complex and highly integrated group of muscles, and unfortunately women may tend to over-exercising certain core muscles while **ignoring others like the pelvic floor**.

When one group of muscles like the abdomen (i.e., “six-pack” muscles) is focused on, it can create pressure on the other muscle groups. This added pressure can result in damage to the pelvic floor muscles and could potentially cause prolapse and urinary incontinence (UI).

Another group of muscles women tend to focus on are the gluteus maximus muscles—the muscles of the buttocks. Again, placing too much focus on this group and not the others can create added pressure, over compensation for other muscles which may harm the pelvic region.

To illustrate, when you perform traditional crunches, sit-ups, and other such exercises, it tends to increase the pressure on the pelvic floor. As the muscles in the abdomen or gluteus region become firmer and stronger, they also become bigger and override smaller or weaker muscle groups.

As such, the increased muscle mass places added pressure on the other core muscles. This can lead to a prolapse (dropping) of the uterus and other organs located in the pelvic region. This can also lead to UI. A good visual representation is to take a balloon and fill it with water. Now, if you squeeze the middle of the water balloon, you can see the pressure increase at both ends of the balloon. If you squeeze hard enough, the balloon bursts at one or both ends.

Identically, if you put excess pressure on the pelvic area by focusing on a few core muscle groups, but not the pelvic floor, it can cause a displacement and that’s what leads to bladder leaking or worse prolapse of the pelvic organs.

## Safe Core Muscle Exercises

To prevent damaging the pelvic region, you need to incorporate all the key muscles as part of your workout routines. There are several exercises that are considered safe and which reduce the risk of damaging the pelvic floor, such as:

**Kegels** – Kegels are repetitions of contraction and relaxation of your pelvic floor to develop strength and control. However, these muscles are not easily seen, so women often don't know if they are being done correctly. When you use the PeriCoach the device and app help you strengthen your pelvic floor muscles through guided exercise sessions. Keeping you motivated and ensuring that you are consistently performing Kegels for optimal results. Not to mention, stronger pelvic muscles can cause more intense orgasms and enhanced sexual stimulation.

**Diaphragm Breathing** – Focusing on improving diaphragm breathing helps strengthen all the core muscles. It is best to lie on your back with your knees bent to do this exercise, with at least 10 repetitions in succession. Inhale slowly, and then exhale slowly to release the air in the lungs.

**Squats** – Performing at least ten reps of squats each day can help build core muscles. Just remember to not lean forward when doing squats.

**Modified Plank** – This exercise is done on your hands and knees. You alternate between left leg/right arm and right leg/left arm as you extend your arm forward and the leg backward.

**Modified Leg Raises** – Instead of doing double leg raises, it is better to alternate between legs and only raise one at a time while doing at least ten reps with each leg.

**Clamshells** – Prop your head up with one arm while lying on your side with your knees bent. Then, slowly raise the outer leg while keeping it in the bent position, and hold it in an elevated position for a few seconds. Do this with each leg, and at least ten reps each day, to help build core muscles safely.

Building all the core muscles, including the pelvic floor muscles, should be an important part of your fitness workouts. The key to not damaging the pelvic floor is to not overdo it, avoid exercises that place too much pressure on the pelvic region, adjust your exercises as needed, and do pelvic floor exercises daily with PeriCoach Kegel Device to help reach your fitness objectives.

## Summary

PeriCoach provides technique guidance for proper Kegel exercise performance, a critical element of the core muscles to avoid prolapse and urinary incontinence.

## Company Bio

PeriCoach offers an FDA-approved **Kegel exercise system to help strengthen and build your pelvic muscles**. With our Kegel device and smartphone app, you only have to set aside five minutes each day to do your Kegels. In most cases, you can start to see results in as little as eight weeks!

For more information about our Kegel devices and the right way to exercise your pelvic region and core muscles, please feel free to contact PeriCoach at 844-205-0767 today!

