

Whole Body

THE POSTPARTUM PROJECT

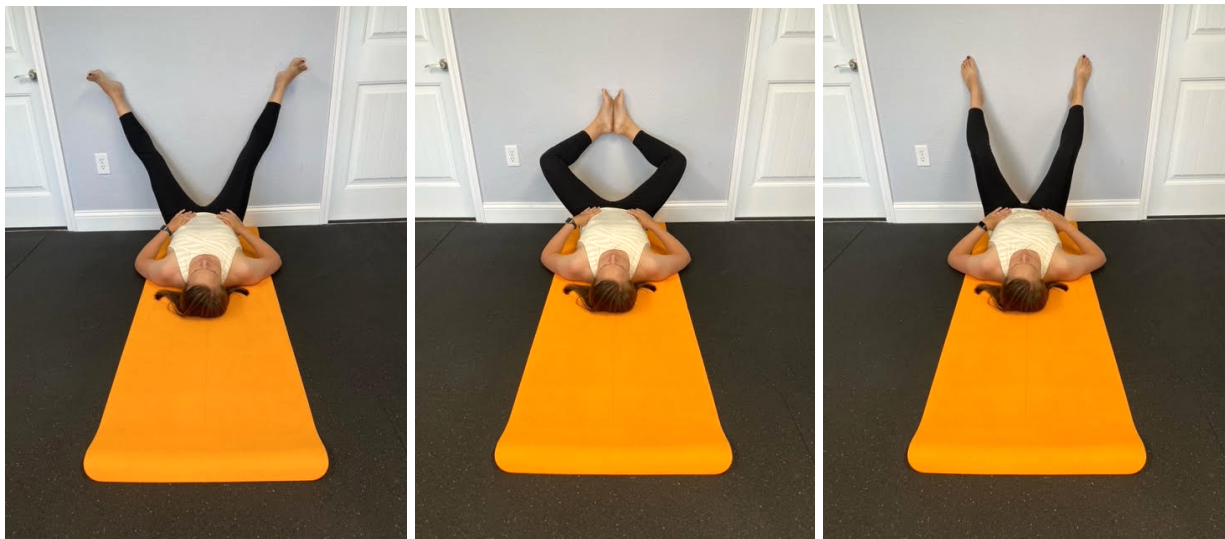
Wall Series

Purpose: pelvic floor relaxation/downtraining

Position 1: Lie on your back with your bottom as close to the wall as possible with legs up onto the wall into a V position as wide as comfortable. Hold for 30-60 seconds if possible.

Position 2: From position 1, bring your legs into a frog or butterfly position. Knees will be bent and feet are facing each other. Hold for 30-60 seconds if possible.

Position 3: From position 2, separate your feet and place them flat on the wall. Hold for 30-60 seconds if possible.



**These exercises are not prescribed. They are intended to be educational and are not a substitute for an exam by a physical therapist. If you would like a prescribed program based on your individual needs, we can be reached at:

618-967-5539 * www.wholebodyfix.com * 406 West US Highway 40, Troy, IL

