

PELVIC FLOOR EXERCISES

BIRD DOG EXERCISES



BIRD DOG – OPTION 1 – ARMS ONLY

PROCEDURE

1. Begin on your hands and knees with a neutral spine.
2. Engage your core by pulling your belly button up towards the spine and tightening your pelvic floor muscles lightly.
3. Slowly reach one arm out while maintaining stability and keeping your muscles engaged.
4. Hold for 3 seconds and then return to the starting position.
5. Repeat with the opposite arm.
6. Repeat 10 times.
7. Complete 1 set 4 times a week.

BIRD DOG – OPTION 2 – QUADRUPED HIP EXTENSION

PROCEDURE

1. Begin on your hands and knees with a neutral spine.
2. Engage your core by pulling your belly button up towards the spine and tightening your pelvic floor muscles lightly.
3. Slowly extend one leg and the opposite arm outwards. Your hip will move into a hip extension as you do so.
4. While keeping your muscles engaged and maintaining a stable pelvis and spine, hold for 3 seconds.
5. Lower your arm and leg back to the starting position.
6. Repeat with the opposite arm and leg.
7. Repeat 10 times.
8. Complete 1 set 4 times a week.

BIRD DOG – OPTION 3 – QUADRUPED ALTERNATE ARM & LEG

PROCEDURE

1. Begin on your hands and knees with a neutral spine.
2. Engage your core by pulling your belly button up towards the spine and tightening your pelvic floor muscles lightly.
3. Slowly slide one leg behind you until fully extended, keeping your toe on the surface throughout the motion.
4. Inhale, engaging your glute muscles, and lift your heel up until your leg is extended straight behind you. Hold for 3 seconds.
5. Exhale, lower your toe back to the surface and return to the starting position.
6. Repeat with the opposite leg.
7. Repeat 10 times.
8. Complete 1 set 4 times a week.

There's no shame in being
human