

## Swiss Ball exercises for evaluation and treatment of pelvic floor dysfunctions.

### Workshop ICS Barcelona 2013

The ball size should be adapted to the body proportions and the mobility of the hips.



1a



1b



1c

1a Isometric ex. The sitting bones "grip" and pull the ball forward towards the knees, with no movement of the knees. This can also be done side to side or diagonally with similar instructions to both of them, e.g. pull the right sitting bone towards the left side or diagonally to the left knee.

1b Sit upright with a slight lordosis and pull the ball with your sitting bones.

1c The lordosis should flatten, the knees do not move forward in space. The trunk should remain upright.



2a



2b



2c

2a The patient gives herself resistance by pushing downward on the ball while the left sitting bone pulls the ball towards to left knee (in a transverse plane).

2b The right hand of the patient pushes down to give herself resistance while pulling the ball with the right sitting bone towards the left side (in a frontal plane).

2c The patient pushes the ball with both fists in a backward direction, while both sitting bones pull in a forward direction (in a sagittal plane).

Exercises 2a,b,c can also be done with another person sitting back to back (Fig. 1a). 2a and b help to create an awareness of which side of the levator muscle is weaker (e.g. from episiotomy or tear).

### Exercises with decreased load on the pelvic floor (e.g. patient's with POP):



3a



3b



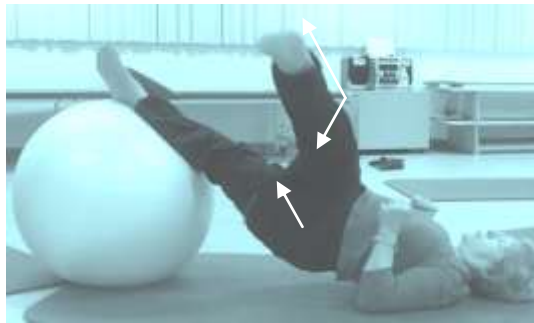
3c

3a and b Prone over the Swiss ball - observe the position of the pelvic floor in space  
3c Supine with legs on the Swiss ball, hips elevated. The viscera is not pressing on the pelvic floor.

## Further examples:



4a



4b



4c

4a and 4b are variations of supine ex 3c. Now in 4a one leg is bent and lifted, in 4b there is also trunk and hip rotation added. Both exercises increase the load on the pelvic floor.

4c is fast fiber training with explosive words such as “kick” to learn tightening the pelvic floor prior to coughing and sneezing. In order to prevent the ball from rolling away, it would be preferable to do the exercise while sitting on the ball in front of a corner, so that the ball cannot roll away.

### Exercise examples



Observe the position of the pelvic floor in space to decide how much you want to load it. Progress to a functional position such as sitting with or without resistance. Practice the pelvic floor muscles also in an asymmetric position.

**Never use damaged balls and keep the patient safe and the balls clean.**

#### **Further information:**

Beate Carriere: Fitness for the pelvic floor Thieme Verlag New York  
or Ball Dynamics International [www.fitball.com](http://www.fitball.com)

Video: Fitness for the Pelvic Floor Ball Dynamics International [www.fitball.com](http://www.fitball.com)

The Pelvic Floor. Thieme Verlag New York or Ball Dynamics International  
[www.fitball.com](http://www.fitball.com)