

Simple Six for Pelvic Core Integration

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One in three women suffer from pelvic floor dysfunction. Improve muscle performance using speed, impact and movement variations. This program will measurably improve the integrated function of the abs, back, hips and pelvic floor. Finally, a complete core workout!

What is the Pelvic Floor?

The pelvic floor is a group of muscles that support the pelvis and the organs within. A healthy pelvic floor is thick and firm, and like a trampoline able to stretch up and down and side to side from any angle. These muscles work with the abdominals, back and diaphragm to provide core stability.

What can make these muscles loose?

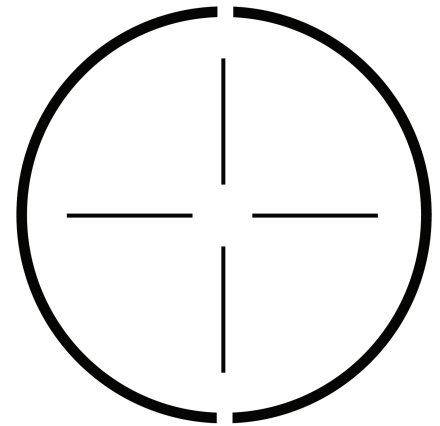
- Pregnancy and childbirth
- Surgery for bladder or bowel problems
- Straining on the toilet
- Chronic coughing
- Heavy lifting
- Being overweight

Strengthening the Pelvic Floor

To activate the pelvic floor, exercises must move the 'trampoline-like' structure in all directions. Therefore, it needs to be pulled in the sagittal, frontal and transverse planes.

Conscious vs. Unconscious ...

The conscious squeezing of the pelvic floor, known as Kegel exercises can help, but to have complete pelvic-core integration needed for everyday function, the body must be trained to respond without having to think about it.



The Pelvic Floor and Resistance Exercise

Oftentimes the pelvic floor can be a weak link but application of the simple-six approach can protect and improve function of the pelvic floor and give your clients a complete core workout!

Simple Six for Pelvic Core Integration

Take any exercise and move it in all 6 directions. This strategic approach establishes a simple routine and in a group setting you are able to meet the diversified needs by 'covering it all'.

- Front
- Back
- Right
- Left
- Turn Right
- Turn Left

Design Exercises to Load the Hip and Abdominals in all Three Planes

Movement:

1. Move the arms in all 6 directions: Front, Back, Right, Left, Right Rotation, Left Rotation.
2. Move the legs in all 6 directions: Front, Back, Right, Left, Right Rotation, Left Rotation.

Positioning:

1. Vary foot positioning of the stance leg(s) in the transverse plane (internal/external rotation). For example, try a squat with feet in neutral; repeat with the feet internally than externally rotated.
2. Vary body positioning. Using a mix of six body positions (upright, kneeling, seated, prone, supine, side lying) integrate mixed positioning of the legs and arms. For example, seated on a noodle rotate the pelvis to the right and travel forward. Repeat with the pelvis rotated to the left.

Personalize Progression with the RITE Resistance

Range of Motion

Impact

Tempo (speed) and Turbulence

Equipment

Try standing on a noodle with two feet. Bend at the knees and hips so that your shoulders are submerged. Move the knees up and down performing a 'reverse squat'. Move in full range of motion. Increase Speed. Add impact. What about with feet internally or externally rotated?

Slide along pool bottom. Work in a level II impact (bend at the knees and hips, lowering the body in the water). For two-footed exercises, slide the feet along the bottom in one direction, then lift the feet and return to start position, gently tapping the floor and repeat.

Integrate planes of movement. For example, when kneeling on a noodle, move the pelvis front to back (sagittal plane movement). Roll the knees inward (and continue the front to back pelvic movement). Then roll the knees out (with front to back pelvic movement).

Add upper body reaching to lower body activities. Vary the direction, height and angle of reach. Try the reverse squat while quickly pushing and pulling the water up and down.

Pool Practical: Progressions for each exercise are built following the simple-six approach for pelvic core integration. Use tri-planar movement, varied foot and body positioning. Personalize and progress each exercise using the RITE Resistance. Boost fun by introducing partner or small groups activities.

1. Walking – varied foot positioning
2. Jogging – varied foot positioning
3. Jumping Jacks – varied foot positioning
4. Single Leg Balance – leg Swing
5. Seated on a noodle – arm reach, pelvic reach and pelvic positioning
6. Kneeling on a noodle – pelvic reach, arm reach
7. Standing on a noodle – leg press, reverse squat
8. Lunge stance with noodle under front leg – foot reach
9. Plank position (hands on noodle: prone, side lying) – leg reach