**Appendix A: 10 Exercises**

**1. Tucked Squat**

Place feet slightly wider than hip-width. Feet and knees should be at a 90 degree angle. Tilt your pelvis slightly forward and do a pelvic contraction.

**2. Untucked Squat**

Place feet slightly wider than hip-width. Feet and knees should be at a 90 degree angle. Tilt your pelvis slightly backward and do a pelvic contraction.

**3. Plié**

Stand with your feet spaced slightly wider than hip-width apart, face your toes outward (facing the corners of the room). Lower yourself into a sitting (plié) position, making your thighs as parallel to the floor as possible Press your weight into your heels. Return to the starting position concentrating on squeeze and lift of the pelvic floor with standing

**4. Crunch**

Lie flat on your back with your knees bent and feet off the floor creating a 90 degree angle. Place your hands slightly either side of your head, do not lock your fingers or pull the head up. Push the small of your back into the floor to engage the abdominals. Tilt your chin slightly, leaving a few inches space between chin and chest. Begin to roll your shoulders off the floor. Your shoulders should leave the floor by about 4 inches and your lower back should always remain on the floor. Hold for a moment at the top then slowly move back down.

**5. Plank**

Lie face down on the floor. Raise your body up with your forearms while balancing your lower body on the toes. Do not sag around the abdominal region. Keep your body as rigid as possible. If this is too challenging, raise up on your hands (with arms outstretched) rather than your forearms.

**6. “Bird-dog exercise”** Kneel on the floor (on all fours) with hands firmly placed about shoulder width apart. Brace the abdominals, and at first, practice lifting one hand and the opposite knee just clear of the floor while balancing on the other hand and knee. Half an inch will do until you get the idea of it. When you're ready to do the complete exercise, point the arm out straight in front and extend the opposite leg to the rear.

**7. Leg lift**

Lie on your back. Place your hands, palms down, on the floor beside you. Raise your legs 2 feet off the ground (Exhale as you go). Keep your legs extended with your knees locked throughout the exercise. If this is too difficult, try raising one leg at a time.

**8. Bridge**

Lie on your back with your hands by your sides, your knees bent and feet flat on the floor. Make sure your feet are under your knees. Tighten your abdominal and [buttock muscles](http://weighttraining.about.com/od/succeedingwithweights/ss/specific_muscle_6.htm). Raise your hips up to create a straight line from your knees to shoulders. Squeeze your core and try to pull your belly button back toward your spine

**9. Thigh Adduction**

Sit up straight with your back against a wall, bend your knees and put the soles of your feet together. They will hold onto their shins or thighs (depending upon flexibility) and lengthen through the back. Create resistance with your hands, pressing your shins or thighs into the floor. Push back against your hands attempting to overcome this resistance and bring your thighs together.

**10. The clam**

Lie on your side with your hips and shoulders in a straight line. Bend your knees so that your thighs are at a 90-degree angle to your body. Rest your head on your top arm as it is stretched out overhead, or bent, whichever is more comfortable. Make sure you neck is long so that your head is not tipped back or tucked forward. Bend your top arm and place your hand on the floor in front of your chest for extra stability. Stack your hips directly on top of each other vertically. Do the same with your shoulders. Use your deep [abdominal muscles](http://pilates.about.com/od/pilatesforeverybody/ss/Abs-Abdominals.htm) to keep this alignment throughout the exercise. Keep your big toes together as you slowly rotate your leg in the hip socket so that the top knee opens. Open the knee only as far as you can go without disturbing the alignment of your hips. Slowly bring your knee back to the start position.

**Appendix B: Post-Visit Questionnaire**

1. Before today, have you ever previously received feedback about whether you were doing a Kegel/pelvic floor exercise correctly? □Yes □No

If yes, from whom?

□Gynecologist

□Other physician

□Nurse

□Physical therapist

□Other \_\_\_\_\_\_\_

2. Today, were you able to correctly perform a Kegel/pelvic floor exercise on your first attempt? □Yes □No

If no to #2

3. Today, were you able to correctly perform a Kegel/pelvic floor exercise after the provider gave you instructions? □Yes □No

4. Today, did you have a better understanding of how to perform a

Kegel/pelvic floor exercise? □Yes □No

5. Before today, have you performed any of the 10 familiar exercises?

□Yes □No

If yes,

How many of these exercises do you commonly perform?

□One □ A few □ Many □Most □ All

6. Have you ever done these exercises in order to strengthen your pelvic floor?

□Yes □No

7. For what other reasons do you perform these exercises?

□ Weight loss □Toning □Muscle Building □Meditation/Relaxation □Other \_\_\_\_\_\_\_

8. In comparison to Kegel exercises, how difficult were these exercises to perform?

□Much more difficult □More Difficult □the same □Easier □Much Easier

9. In comparison to Kegel exercises, how well are you able to perform these exercises?

□Much Worse □ Worse □ The same □ Better □Much Better

10. In comparison to Kegel exercises, how likely are you to perform these exercises

□Much more likely □more likely □the same □less likely □much less likely