

Empower Your 3rd Trimester:

# Essential Pelvic Floor Exercises for Birth



**Dr. Sara Panek, DPT**  
Prosper Physical Therapy & Pelvic Rehab

# Table of Contents

Introduction	<b>01</b>
Chapter I: Birth Ball Mobility	<b>02</b>
Chapter II: Birth Ball Lunges	<b>03</b>
Chapter III: Frog Rocks	<b>04</b>
Chapter IV: Deep Squat	<b>05</b>
Conclusion	<b>06</b>

## INTRODUCTION

# Hello, I'm your Pelvic Floor Bestie, Dr. Sara Panek

I'm Sara, Physical Therapist by trade with a huge love for helping and supporting prenatal and postpartum women! I too suffered with my own problems while pregnant; constipation, low back pain, pubic bone pain, you name it, I probably experienced it. Until I truly took the time for me to get the help I needed, then I realized the potential there truly was to not be a societal norm but to be MY norm, and that was an asymptomatic journey! This is why I am on a mission to break the societal norms and create YOUR norm! This is why I niched into pelvic floor physical therapy, because there are so many of us out there who are underserved from mainstream media and seeking answers to questions we don't fully know what we are searching for. My mission is to break this and provide a safe space for you to ask the questions or find the answers you didn't know you needed.

A little bit about me: I married my high school sweetheart (typical midwest answer, right!) We have three kids (6, 3 and newborn!) so our household is nothing shy of quiet, but I couldn't imagine it any other way. I'm a Doctor of Physical Therapy, lover of all things outdoors, and love spending time with my family!



I believe women in our community deserve to enjoy their health and have the support to have the most optimal health journey possible. I've dove deep into my education to become highly trained in the pelvis - I treat women that have leakage, constipation, hip pain, pelvic tightness, pain with intercourse, pregnancy, and postpartum.

*Dr. Sara Panek*

## CHAPTER I

# Birth Ball Mobility Exercises

## Birth Ball Mobility Exercises

In this video, you'll learn a simple yet effective mobility exercise using a birth ball, designed to enhance your comfort and flexibility during the 3rd trimester.

Benefits:

Ease lower back pain

Improve pelvic alignment

Promote optimal baby positioning.



## CHAPTER II

# Birth Ball Lunges

In this video, Dr. Sara will guide you through birth ball lunges, an effective exercise for strengthening your legs, improving balance, and opening your hips. This move helps prepare your body for labor by increasing flexibility and stability in the pelvic area.

Benefits:

- Strengthens the legs and glutes
- Enhances hip flexibility
- Promotes balance and stability
- Supports pelvic alignment

*\*\*\* Perform this exercise with caution, maintaining a steady grip on the ball for stability. Start with a few reps and gradually increase as you become more comfortable.*



## CHAPTER III

# Frog Rocks

The frog rock exercise is a gentle yet effective movement to help 3rd trimester mamas maintain pelvic floor health and flexibility as their bodies prepare for labor.

Benefits:

**Pelvic Floor Health** - helps strengthen and relax the pelvic floor muscles, which can be beneficial during childbirth. Remember, you want the pelvic floor muscles to be strong to support the growing baby but also be able to relax out of the way during birth so that the uterus can contract properly - preventing onset of tearing.

**Comfort** - alleviates pressure and discomfort in the lower back and pelvis.

**Flexibility** - promotes greater flexibility in the hips and pelvis, which can ease labor and help baby move through the pelvis safely

*\*\*\*Always listen to your body and modify or stop the exercise if you experience any discomfort.*



## CHAPTER IV

# Deep Sumo Squat

The deep sumo squat is a powerful exercise for enhancing pelvic flexibility and strength, which can be particularly beneficial as you approach labor.

Benefits:

Pelvic Flexibility - increases flexibility in the hips and pelvis, which can ease labor and delivery.

Strengthening - helps strengthen the lower body muscles, including the quadriceps, hamstrings and glutes.

Pelvic Floor Engagement - encourages engagement and relaxation of the pelvic floor muscles.



## CONCLUSION

As you navigate the final stages of pregnancy, incorporating these exercises into your routine can significantly support your pelvic health, comfort, and overall well-being. Each exercise is designed to enhance flexibility, strength, and relaxation, helping you prep for labor and delivery with greater ease.

Remember it's essential to listen to your body and consult with your healthcare provider or pelvic floor therapist to ensure these exercises are suitable for your individual needs.

Scheduling a consultation with Dr. Sara can provide tailored advice and additional strategies to ensure you're fully prepared for childbirth.

To schedule a FREE 10 minute consultation call our office 605.368.4665 for more information or visit our website [www.prosperphysicaltherapysd.com](http://www.prosperphysicaltherapysd.com)

