

My Sample Pelvic Floor Muscle Training (PFMT) Regimen

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Legend: SC = Short Contractions; LC = Long Contractions

Week 1

5 SC, 10 3 sec LC, 5 SC

Date	Day	AM	PM
_____	Mon	_____	_____
_____	Tues	_____	_____
_____	Wed	_____	_____
_____	Thurs	_____	_____
_____	Fri	_____	_____
_____	Sat	_____	_____
_____	Sun	_____	_____

Week 5

20 SC, 25 3 sec LC, 20 SC

Date	Day	AM	PM
_____	Mon	_____	_____
_____	Tues	_____	_____
_____	Wed	_____	_____
_____	Thurs	_____	_____
_____	Fri	_____	_____
_____	Sat	_____	_____
_____	Sun	_____	_____

Week 2

10 SC, 15 5 sec LC, 10 SC

_____	Mon	_____	_____
_____	Tues	_____	_____
_____	Wed	_____	_____
_____	Thurs	_____	_____
_____	Fri	_____	_____
_____	Sat	_____	_____
_____	Sun	_____	_____

Week 6

30 SC, 30 10 sec LC, 30 SC

_____	Mon	_____	_____
_____	Tues	_____	_____
_____	Wed	_____	_____
_____	Thurs	_____	_____
_____	Fri	_____	_____
_____	Sat	_____	_____
_____	Sun	_____	_____

Week 3

15 SC, 20 5 sec LC, 15 SC

_____	Mon	_____	_____
_____	Tues	_____	_____
_____	Wed	_____	_____
_____	Thurs	_____	_____
_____	Fri	_____	_____
_____	Sat	_____	_____
_____	Sun	_____	_____

Week 7

40 SC, 40 10 sec LC, 40 SC

_____	Mon	_____	_____
_____	Tues	_____	_____
_____	Wed	_____	_____
_____	Thurs	_____	_____
_____	Fri	_____	_____
_____	Sat	_____	_____
_____	Sun	_____	_____

Week 4

15 SC, 20 10 sec LC, 15 SC

_____	Mon	_____	_____
_____	Tues	_____	_____
_____	Wed	_____	_____
_____	Thurs	_____	_____
_____	Fri	_____	_____
_____	Sat	_____	_____
_____	Sun	_____	_____

Week 8

50 SC, 50 10 sec LC, 50 SC

_____	Mon	_____	_____
_____	Tues	_____	_____
_____	Wed	_____	_____
_____	Thurs	_____	_____
_____	Fri	_____	_____
_____	Sat	_____	_____
_____	Sun	_____	_____