

Deep Frog Squat

A deep frog squat can help to stretch and relax tight pelvic floor muscles, which can cause dysfunction or discomfort. This movement paired with long deep breaths focuses on lengthening these muscles, rather than strengthening them. This exercise differs from Kegels, which are contractions for strengthening the pelvic floor.

How to do a Frog Squat:

Begin standing with your feet wider than hip-width apart, toes turned out slightly.

- 1. Move into frog pose:** Slowly bend your knees and lower into a deep squat, keeping your heels on the ground if possible.
- 2. Position your arms:** Bring your elbows to the inside of your knees and press your palms together at your chest (like a prayer position). Use your elbows to gently press your knees outward.
 - Keep your spine tall and chest lifted. Relax your shoulders.
- 3. Once in position, focus on your breath:**
 - Inhale and relax: Inhale through your nose, letting your belly expand.
 - Exhale and release tension: Exhale and imagine your pelvic floor softening, lengthening downward.
- 4. Hold and breathe:** Hold for 30–60 seconds, or as long as is comfortable, breathing steadily. Use each exhale to release more tension and sink deeper into the stretch.
- 5. Slowly return to standing by straightening your legs.**

Important tips and modifications:

Use props: If your heels cannot touch the ground, place a yoga block or rolled up towel under your heels to bring the ground closer to you.

Support your sit bones: If you cannot comfortably keep your hips low, sit on a foam roller, yoga block, or rolled-up blanket for support. The goal is to facilitate relaxation, not strain.

- **Focus on relaxation:** The key to this exercise is a mental and physical focus on relaxing and lengthening the pelvic floor, especially on the exhale. Avoid tensing your glutes, abdomen, or shoulders.
- **Listen to your body:** Do not push into any pain. The stretch should feel intense, but not sharp or painful. If you feel any pain, ease out of the pose until you find a comfortable position.
- **Consider your goal:** If your goal is strengthening, a regular squat with proper pelvic floor timing may be more appropriate. However, if your muscles are overly tight, relaxation is often the first step toward better pelvic floor health.

Frequency:

Repeat 1–3 times per day, especially after activity, before stooling, or when you notice pelvic floor tightness.



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For questions or concerns, please contact the Colorectal Clinical Team at: 202-476-COLO (2656) or colorectalnurse@childrensnational.org