

Quick tips for Pelvic Floor

Firstly, you need to correctly identify the pelvic floor muscles. You can do this in two ways:

1. Stopping the flow : When on the toilet, try and slow down or stop the flow of urine. If you can do this, you have correctly identified the muscles around the front passage. Please note this is **NOT** an exercise, do not practice this regularly.
2. Visualisation : Imagine that you are trying to hold in wind or control diarrhea by tightening the ring around your back passage.

When doing these, you should feel a definite ‘squeeze’ and ‘lift’ of the muscles.

Once you have correctly identified the muscles, try holding this contraction as strongly as you can for 5 seconds, then relax. Repeat this as many times as you can before you feel tired, up to a maximum of 10 repetitions. Make sure you relax for 10 seconds between each one.

Next, do 5-10 short, fast, but strong contractions, holding for only one second.

Repeat this routine 4-5 times/day.

It is important to keep breathing and keep your buttocks and stomach muscles relaxed whilst performing these exercises. However, it is ok if you feel a tightening of your lower abdomen as you contract.

I don't think I'm doing it right!!

Some people are unable to contract their pelvic floor on their own, even if they try very hard!

Others feel like they are able to ‘squeeze’ and ‘lift’, but when they practice their exercises, they leak more!

Women's Health physiotherapists are specifically trained to help you identify the right pelvic floor muscles and teach you how to train them correctly. The exercises can be sometimes difficult to get the hang of, but when performed regularly (not just a twice a week), they can make an enormous difference to your life.

Good luck!! ☺