

Pelvic Floor Exercises for Women

- 1** Sit comfortably with knees slightly apart- relax the muscles in your thighs, buttocks and abdomen- breath normally.
- 2** Tighten the ring of muscle around the back passage – imagine you are trying to stop wind or diarrhoea.
- 3** At the same time squeeze the same muscles you would use if you tried to stop passing urine midflow.

Avoid tightening thigh and buttock muscles.

TIP: if technique is good you will sometimes be able to see the front of the vagina lift.

PLAN:

Do the above as one movement.

Hold and count
to 5 seconds

Relax and count
to 5 seconds

Repeat for 10
squeezes

You are aiming for a strong controlled movement of the muscles.

Increase the hold from 5 to 10 if able.

Do the same movement again but do it as 10 short fast contractions.

Do this slow contraction and fast contraction at least 1 - 3 times a day.

Continue doing the above once a day to maintain control.

- Associate this with a regular activity e.g. boiling the kettle to help you to remember to do the exercises.
- Try to progress to doing the exercises whilst standing.

Practice
makes
perfect

It will take around 12 weeks to obtain real benefit.
You can do this at any age and whilst you are pregnant. Practice for life.