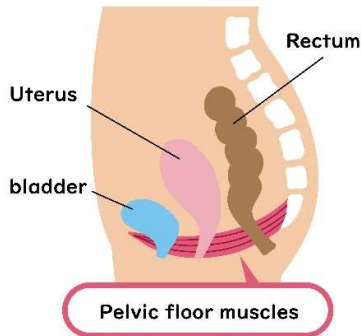


## Pelvic Floor Exercises for Women

### What are Pelvic Floor Muscles?

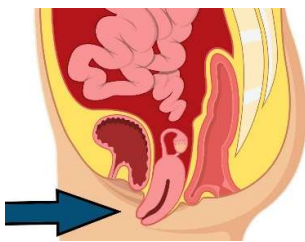


Pelvic floor muscles help to support the bladder, bowel and uterus.

Being pregnant and having babies can weaken your pelvic floor muscles as pressure from the baby pushes down on these.



Strong pelvic floor muscles help to prevent the leaking of urine and faeces



Strong pelvic floor muscles can also help prevent prolapse. Prolapse is where the bladder, bowel and uterus slip down into the vagina and cause bulging and pain. Strong pelvic floor muscles



Strong pelvic floor muscles also help improve sensation and function during sex.

## How To Find Your Pelvic Floor Muscles

1. Try to stop or slow passing urine when you are doing a wee. You are squeezing the correct muscles if you can do this.
2. Squeeze the muscles around the anus like you are trying to stop passing wind. Relax and squeeze this muscle a few times to know you are squeezing the correct muscles. But try not to squeeze your bottom cheeks.

## How To Do Pelvic Floor Muscle Exercises



You can lie down, sit or stand to do the exercises. Standing is more difficult.

Remember – if you are more than 30 weeks, lying on your side is better than lying on your back.

Squeeze and lift your pelvic floor muscles strongly and hold it for 10 seconds or as long as you. Your pelvic muscles should relax when you stop squeezing. Remember to keep breathing, keep your thighs and buttocks relaxed.

***Repeat this 10 times (1 set) - Do 3 sets every day.***

If you aren't sure whether you are doing the pelvic squeezes right or symptoms worsen, ask for help from your doctor, pelvic physiotherapist or specialist continence nurse.