Pelvic Floor Muscles Guide

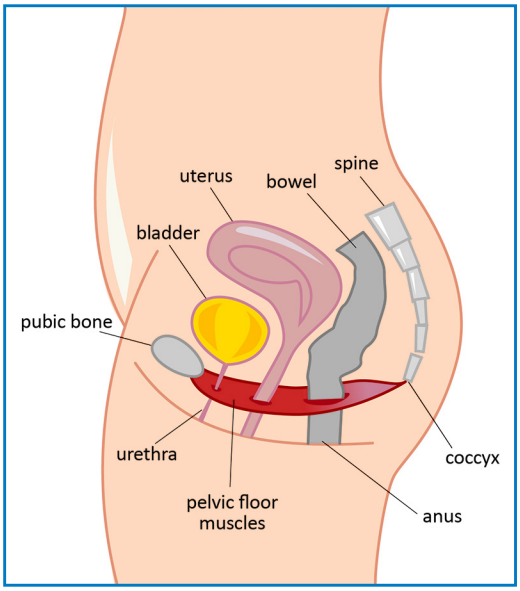
What are they?

Pelvic floor muscles span the bottom of the pelvis and support the pelvic organs.
Your pelvic floor muscles provide support for your womb, bladder and bowel all rest on the pelvic floor muscles. If you feel a heaviness of dragging you may have a prolapse, a weakness within your pelvic floor muscles.

The Knack Technique

The knack technique is when you tighten your pelvic floor muscles before and during certain activities to reduce strain on your pelvic floor muscles and prevent leakage of urine. You should use this technique when you:

- cough
- sneeze
- laugh
- pick something up



What causes pelvic floor dysfunction?

- Child birth
- Pregnancy
- Smoking
- Heavy lifting
- Excessive weight
- Lack of exercise
- Menopause and age related changes
- Chronic constipation

compassionate care

How to perfrom pelvic floor exercises

To perform pelvic floor exercise's sit on a firm chair and lean forward. Make sure you have emptied your bladder. Squeeze the muscles that stop you passing water; you should feel a squeeze and a lift.

Don't hold your breath when you are performing the exercises. Try to isolate the front and back set of muscles to be able to improve the strength of both. Do not push down into your vagina as you are then pushing the muscles in the wrong direction. If you feel that you are not completing them correctly contact the service, as this can lead to damage.

Pelvic floor exercises need to be completed routinely, daily up to three times per day.

It can take up to 3 – 12 months to see improvement you may notice a reduction in urinary incontinence, when you cough or sneeze.

Pelvic floor contractions need to be completed in two sections. Fast and slow.

Slow: Squeeze and hold for __ seconds.

Fast: to squeeze and release pelvic floor muscles quickly.

Pelvic floor exercises need to be repeated twice per day. Always on an empty bladder.

At the appointment your nurse will advise you on an individual set of exercises for you to perform as each patient's pelvic floor strength are different.

There is also an app called the squeezy app which is made by physiotherapist who specialise in women's health, which helps to guide you through pelvic floor exercises and also helps to remind you to perform them.

Setting an alarm on your phone can also help to remind you to perform them.

Bladder and Bowel health

Reduce caffeine and fizzy drinks in your diet. Keep well hydrated aim for around 2 litres of fluid per day. Monitor for constipation, as this can put pressure on pelvic floor muscles, if you are straining to bear down.

Bladder and Bowel team 01484 343815

If you have any comments about this leaflet or the service you have received you can contact :

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If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉੱਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

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