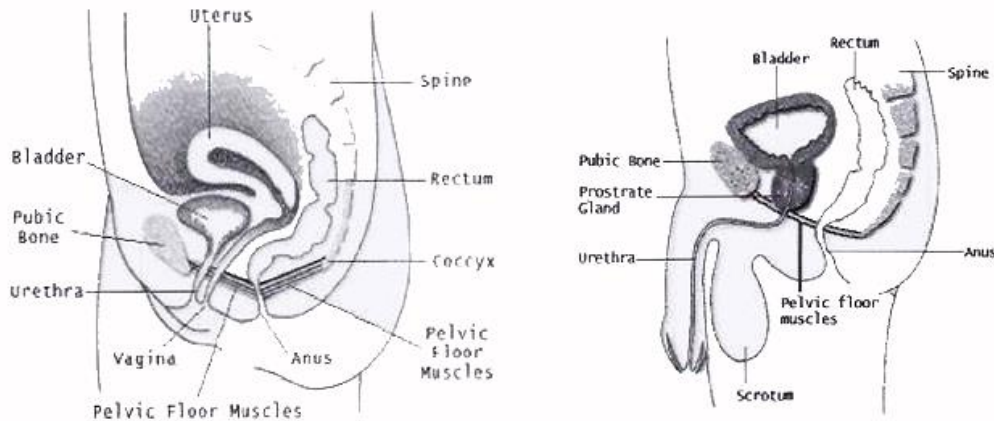




Pelvic Floor Muscles



The pelvic floor muscles stretch from the pubic bone in the front to the coccyx at the back and span to the sides of the pelvis. The urethra, vagina and anus pass through the pelvic floor muscles. These muscles support the pelvic organs, assist in bladder and bowel control and help with sexual stimulation. When relaxed they help empty the bladder and bowel completely.

These muscles weaken through pregnancy and childbirth, constipation, heavy lifting, chronic coughing and naturally with age.

Pelvic Floor Exercises:

1. Squeeze as if to stop wind or hold urine. The pelvic floor muscles are internal so you should not feel your buttocks or legs squeezing. You should feel a contraction vaginally or rectally.
2. Squeeze and relax these muscles 10 times.
3. Now squeeze and try to hold the contraction up to 10 seconds. Repeat 10 times.

Try to do these exercises 5 – 6 times per day. Squeezing your pelvic floor in lying and sitting is easier than in standing and walking. The easiest time to remember to do these exercises is before you get out of bed in the morning and last thing at night, in the bath or shower, at red robots or advert breaks while watching TV.

GOOD LUCK!