

### Exercises also to be performed:-

Just before and during activities which increase your abdominal pressure, tighten your pelvic floor muscles as described. These include:- coughing, sneezing, lifting, shouting, bending, getting out of a chair etc.

Whilst walking, try lifting your pelvic floor up slightly in order to use the muscles during activity.

After urinating, try tightening your pelvic floor muscles as described in the previous exercises.

After passing a motion, tighten your anal sphincter before wiping your bottom. This helps to return any faeces not voided back up the anal canal to the rectum.

During sexual activity, try tightening your pelvic floor muscles during sexual activity. This may enhance your own and your partner's satisfaction.

Aim to persevere with your exercises for as long as you have been advised. Initially, you may find it difficult with minimal benefit, however, with time, you will be able to feel your muscles better and the benefits will become more apparent.

## PELVIC FLOOR EXERCISES FOR WOMEN

### Patient Information Leaflet



### ALL CORRESPONDENCE AND APPOINTMENTS

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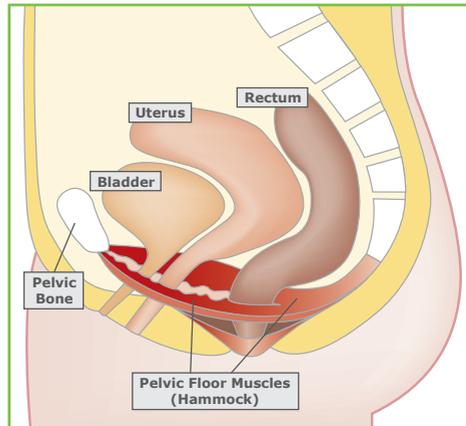
## PELVIC FLOOR EXERCISES FOR WOMEN

Following your appointment with the Consultant, it has been recommended that you perform pelvic floor exercises to improve the muscles of your pelvic floor which may in turn help any symptoms or condition you may have and provide you with some benefits. The information below will help you to carry out these exercises.

### What is the pelvic floor?

The pelvic floor is the lower most part of the pelvis. It is made up of layers of muscle and tissue which stretch like a hammock from the base of the spine at the back, across to the pubic bone at the front. The pelvis is the lower part of the abdomen located in between the hip bones. The pelvic floor helps to maintain the healthy control of the bladder and bowels. If these muscles become weak, bladder and/or bowel continence can become compromised.

It has been recommended that you carry out pelvic floor exercises. For maximum benefit it is recommended that you carry these out regularly and into the future. These relatively simple exercises strengthen the pelvic floor muscles to improve the control of the bladder and bowels and you should feel benefit after four to six weeks from commencing the exercises.



### Exercises

Some pelvic floor exercises are effective carried out in different positions as outlined below. It is advisable to empty your bladder before starting these exercises.

#### Lying position

Lie on your back with your knees bent and your feet and knees approximately hip width apart. Tighten your pelvic floor; imagine you are trying to stop wind escaping from your bottom.

Hold this muscle tightening for ten seconds as strongly as you can whilst also **avoiding holding your breath or tensing your buttocks.**

Rest for ten seconds, then perform this two more times.

Repeat this exercise three times in the morning and again in the evening.

#### Sitting position

Sit on a chair with your knees approximately hip width apart and tighten your pelvic floor muscles; imagine you are trying to stop wind escaping from your bottom.

Hold this muscle tightening for ten seconds as strongly as you can whilst also **avoiding holding your breath or tensing your buttocks.**

Rest for ten seconds, then perform this two more times.

Repeat this exercise three times in the morning and again in the evening.

#### Standing position

Stand with your feet approximately hip width apart and tighten your pelvic floor muscles; imagine you are trying to stop wind escaping from your bottom.

Hold this muscle tightening for ten seconds as strongly as you can whilst also **avoiding holding your breath or tensing your buttocks.**

Rest for ten seconds, then perform this two more times.

Repeat this exercise three times in the morning and again in the evening.