

Pelvic Floor Exercises

HOW DO I DO PELVIC FLOOR EXERCISES?

- Squeeze the muscles around your back passage like you are trying to stop yourself from passing wind
- At the same, squeeze your muscles at the front like you are trying to stop yourself from passing urine. You may also be aware of a tightening around your vagina.
- Then RELAX the muscles again- this is equally as important as the squeeze!

HOW MANY SHOULD I DO?

Long and short pelvic floor exercises should be done 3 times a day

LONG HOLDS

- Hold the squeeze for up to 10 seconds (as long as you feel you can do effectively)
- Then relax the muscles for at least 4 seconds but take as long as required to ensure they have fully relaxed before starting the next repetition
- Repeat this up to 10 times (as many as you feel you can do that are good quality)

SHORT SQUEEZES

- Contract the muscles as strongly as you can and then let them relax fully (no need to hold)
- Repeat this up to 10 times (as many as you feel you can do that are good quality)

