

Pelvic Floor Exercise Tips

- Imagine you sitting on a marble and you are trying to squeeze your back passage to lift the marble and relax to set it back down again.
- If you can try to breathe out as you squeeze your pelvic floor and do not hold your breath
- Try not to clench your buttocks or inner thighs
- It can be helpful to use a mirror to observe the perineum (area between the vagina and back passage) whilst doing a pelvic floor squeeze. With a pelvic floor contraction the perineum should draw inwards towards the body and then return to its resting position with pelvic floor relaxation. If you notice the perineum bulging downwards stop doing the exercises and discuss this with your Physiotherapist