



The Knack

Before and during any activities which cause an increase of pressure within your abdomen (e.g. laugh, cough, sneeze or lifting something heavy) try to squeeze and lift the pelvic floor muscles. This will help to lift and support the pelvic organs and reduce the incidence of any leakage you may be experiencing. In order to become more efficient at it, you should also practice the technique with a cough or whilst lifting something heavy.

HOW TO DO THE KNACK

-  **Squeeze and lift your pelvic floor muscles**
-  **Hold the squeeze whilst you *cough/sneeze/get up to stand etc***
-  **Relax your pelvic floor**

Knack Tips:

To make it easier when practicing, do the knack with...

- An empty bladder (i.e. do it straight after you have been for a pee)
- Practice it with a weak cough
- Do it in a lying position

If you have no symptoms you can make it harder by...

- Practicing at time when your bladder slightly fuller e.g. 30 mins after peeing, 60 mins after peeing etc.
- Gradually increasing the force of your cough