

Pelvic Floor Record

Use this record to monitor your pelvic floor exercises, or mark down what your Continence Specialist Nurse has advised you to undertake daily.

DATE	FAST	SLOW

If you have any queries or questions about anything in this booklet, please feel free to contact the Continence Advisory Service on 01743 444062

Continence Advisory Service

Female Pelvic Floor Exercises Information Leaflet



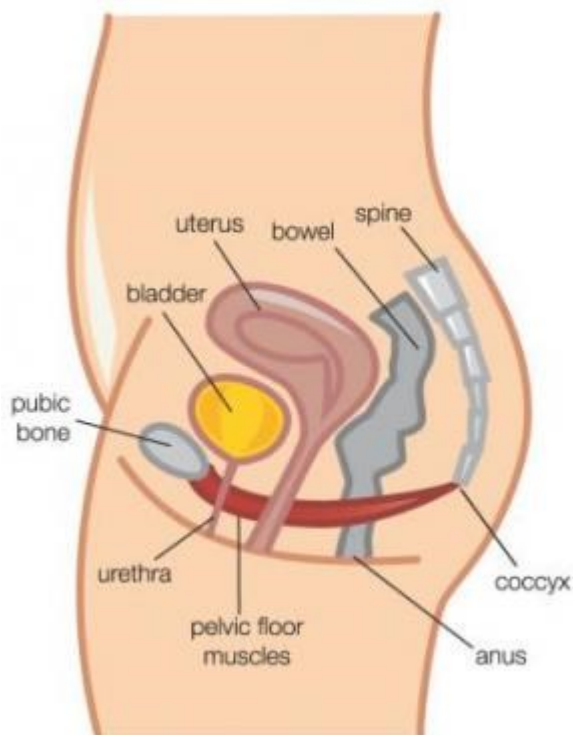
Pelvic floor exercises for women

What is the pelvic floor?

The pelvic floor is a layer of muscle at the base of the pelvis that supports your pelvic organs, bladder and womb, and also control the passing of urine.

It is a sling shaped muscle that goes from the pubic bone at the front to the bone at the bottom of your spine.

The pelvic floor muscle usually works without us having to think about it, for example, to stop us from passing urine.



Why should I exercise my pelvic floor?

You should exercise you pelvic floor muscle because they can become weak or damaged, like any other muscle in the body. If this happens the muscle will not work properly and it may cause you to leak urine.

How do I exercise the muscle?

You must do fast and slow exercises to make the pelvic floor stronger.

Slow exercises

1. Sit or stand comfortably with your knees slightly apart.
2. Try and squeeze as if you are trying not to pass wind and also try and squeeze the muscles around the urethra, as if you are trying to stop yourself from passing urine.
3. Squeeze them together as tight as you can, and hold for as long as you can, up to 10 seconds.
4. Repeat this as often as you can, up to 10 times, but rest in between each pull for about 5 seconds.

DO NOT use your tummy muscles, or your bottom, when you are doing this exercise.

You may not be able to hold for more than 2-3 seconds at first, but with practice you will gradually be able to hold for longer.

Fast exercises

Fast exercises are done in the same way as slow exercises, but instead of holding the pull over time you release them immediately.

You should feel a quick lift of the pelvic floor. You should repeat these exercises in set of 10 pulls.

You should do both fast and slow exercises at least 4 times a day, and can complete them up to 10 times a day. Please remember that the pelvic floor is like any other muscle and too much exercise will make it ache!

The results of pelvic floor exercises are not immediate, in some cases it can take up to 12 weeks to get the desired results.

On the reverse of this page is a chart and you can use the chart to keep an eye on your progression in undertaking your pelvic floor exercises.

You can mark off how many sets, or individual lifts, that you have completed either fast or slow. You should see over time that you can hold your pelvic floor better, and for longer periods of time.