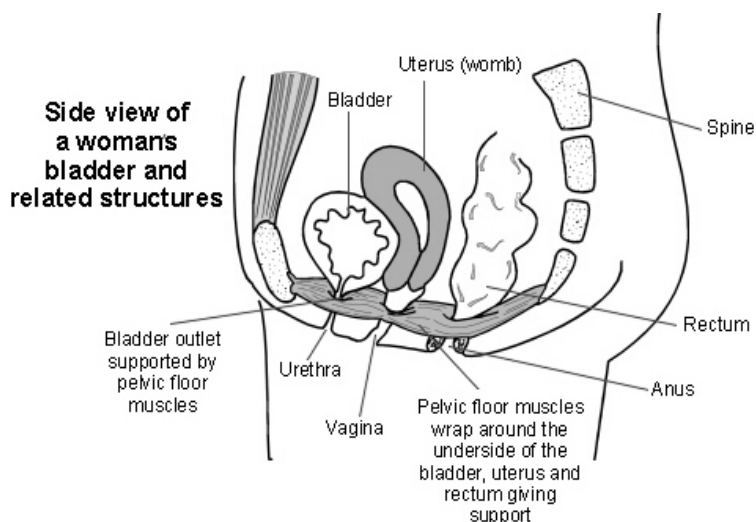


PELVIC FLOOR MUSCLE EXERCISES FOR WOMEN

Review of pelvic floor muscle anatomy

The pelvic floor muscles:

- Attach to your pubic bone at the front and tail bone at the back
- Support your pelvic organs in the pelvis
- Surround the openings of your urethra, vagina and anus
- Strong pelvic floor muscles:
 - Help to prevent leakage from your bladder and bowel by *squeezing* your urethra and anus tightly closed.
 - Support your pelvic organs by *lifting* especially when there is a downward pressure during coughing, sneezing, lifting, pushing and pulling activities
 - Contribute to good sexual sensation



Pelvic Floor Muscle Exercises (PFME_x)

How to do them:

1. Initially it may be best to start in lying down, knees bent and low back in a neutral position (to take your weight off the pelvic floor muscles).
2. Keep breathing normally as you gently squeeze anus and vagina closed– as if you are stopping the flow of urine and/or holding in wind. Hold this contraction for a few seconds if you can, otherwise just focus on gently contracting and then letting go. Rest for a couple of seconds between each contraction.
3. Repeat this 3-5 times and, as you feel stronger and more coordinated, try to hold each contraction for longer – gradually building up to a 10 second hold.
4. Next – work towards doing 10 second holds, 10 times in a row.
5. How often? Try to do 5-10 repetitions (as above), 3 times per day.

- See over page for extra information -

A L C H E M Y
I N M O T I O N



If you do this, research shows that your muscles should become stronger over an 8-12 week period. Pelvic floor muscle training takes dedication and perseverance to be effective.

Once you feel your muscles are stronger and your symptoms have significantly improved – it is strongly advised that you do your pelvic floor muscle exercises everyday for the rest of your life (ie 1 set of 10x10 second holds followed by 10 quick ones). They will become a part of your daily routine, just like brushing your teeth!

And one last thing.....

Practice, and develop a habit ('the knack') by contracting your pelvic floor muscles before and during a cough, sneeze, blowing your nose and any effortful tasks such as lifting, pulling and pushing.

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