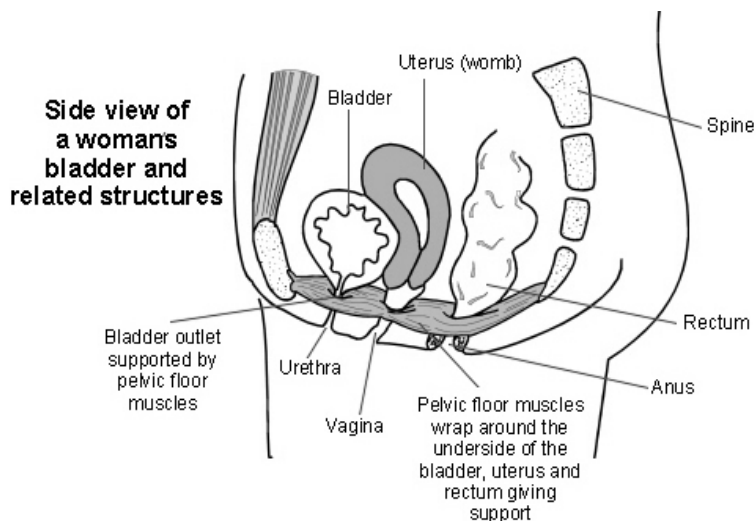


PELVIC FLOOR MUSCLE EXERCISES

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 rectum
- 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



Pelvic Floor Muscle Exercises

Do your pelvic floor muscle exercises everyday for the rest of your life. They will become a part of your daily routine, just like brushing your teeth!

- Exercise your pelvic floor muscles 3 times per day initially when making them stronger and more efficient.
- Once they are strong and coordinated your pelvic floor muscle exercises need to be done once a day to maintain their strength and efficiency.
- Develop a habit of *always and forever* contracting the pelvic floor muscles prior to/during downward pressure (ie cough, lift, bend, sneeze etc)

You know you are doing your pelvic floor muscle exercises well when you:

- feel a *squeeze and lift* sensation during the exercise and a *letting go* as you relax the muscles at the end of the exercise.
- Keep your abdominal, buttock and thigh muscles relaxed and soft
- Continue breathing normally throughout the exercise



PELVIC FLOOR MUSCLE TRAINING

(A) YOUR PERSONAL EXERCISE PROGRAM

Perform your pelvic floor exercises _____times per day and in the following positions:

- Lying on your side Lying on your back sitting standing
- Other:

(B) DEVELOPING A NEW HABIT - "The Knack"

Remember to contract/activate your pelvic floor muscles by *squeezing and lifting* strongly before and during a cough, sneeze, blowing your nose and when performing effortful tasks such as lifting.

