

# Pelvic Floor Exercises for Women

- 1** Sit comfortably with knees slightly apart-relax the muscles in your thighs, buttocks and abdomen- breath normally.
- 2** Tighten the ring of muscle around the back passage – imagine you are trying to stop wind or diarrhea.
- 3** At the same time squeeze the same muscles you would use if you tried to stop passing urine mid-flow.

Avoid tightening thigh and buttock muscles.

**Tip: if technique is good you will sometimes be able to see the front of the vagina lift.**

**Plan:** Do the above as one movement.

Hold and count  
to 5 seconds

Relax and count  
to 5 seconds

Repeat for 10  
squeezes

You are aiming for a strong controlled movement of the muscles.

**Increase the hold from five to ten if able.**

**Do the same movement again but do it as ten short fast contractions.**

Do this slow contraction and fast contraction at least 1 - 3 times a day.

Continue doing the above once a day to maintain control.

- Associate this with a regular activity e.g. boiling the kettle to help you to remember to do the exercises.
- Try to progress to doing the exercises whilst standing.

**It will take around 12 weeks to obtain real benefit.**

**You can do this at any age and whilst you are pregnant. Practice for life.**