

Pelvic Floor Muscle Exercises

This consists of **Slow** and **Fast** contractions

Slow

- Tighten up your pelvic floor muscles and see how long you can hold the contraction
- Relax fully (for at least as long as you held the contraction)
- Now tighten up again for the same time
- Relax fully
- Repeat this until your muscles get tired

How many seconds can you hold for?

How many times could you repeat it?

Eventually aim for a 10 second hold repeated 10 times

Fast

- Quickly tighten up your pelvic floor muscles
- Hold for 1 second and then relax fully
- Repeat this until your muscles get tired

How many times could you repeat it?

Eventually aim for 10 times

To strengthen the muscles it is necessary to repeat the number of slow and fast contractions 5 times every day.

As you get stronger you should increase the amount of time held and number of repetitions.

Once you have gained good control you should maintain your muscles by exercising 2-3 times a day for the rest of your life.

Ways to check you are doing your pelvic floor exercises correctly

Women

- You can check with a mirror. Hold a small mirror so that you can see the area between your legs. Tighten the muscles. The skin between the anus and vagina should move away from the mirror.
- While sitting or lying you can put your hand on the area in between your legs and tighten your pelvic floor muscles. You should feel a movement away from your hand.
- In a comfortable position you can gently insert your thumb or index finger into your vagina. Tighten your pelvic floor muscles. You should feel your pelvic floor muscles move or tighten around your thumb or finger, and then relax.
- If you are having sex, try to exercise your pelvic floor; your partner should be able to feel the muscles tightening.

Men

- Each time you tighten your pelvic floor muscles you may feel a dip at the base of your penis, and your scrotum move up slightly.
- Some men find it helpful to stand in front of a mirror when doing pelvic floor exercises. This should allow you to see your scrotum move up slightly.
- If you place a tissue over your penis and scrotum, as you practice your pelvic floor exercises the tissue should raise.