



BSc (Hons), MCPP

FALMOUTH | HELSTON | THE LIZARD

PELVIC FLOOR EXERCISES

These exercises can be done pretty much any time, anywhere, any place. While you're washing up, waiting for a bus or a train, or in a supermarket queue. Or you can do them while lying on your back, if you prefer. You may find these exercises quite difficult to begin with, but, like anything, practice makes perfect.

- 1. Slowly tense the muscles around your vagina, drawing them up inside, towards your belly button, as you do so. Like a lift going up a few floors. Do not tense your buttock muscles.**
- 2. Once you've drawn 'the lift' up as far as it will go, hold it there for 5-10 seconds. Then slowly lower the lift back to the ground floor. If you find it difficult to contract your muscles for that long, do it for a shorter amount of time and build up slowly.**
- 3. As you get more proficient, you can draw the lift up one 'floor' at a time, stopping for a few seconds on each floor as you go. Then slowly coming down again, stopping on each floor.**
- 4. Try to breathe normally while you do the exercises.**
- 5. Work your way up to doing ten sets of this exercise at a time, and try to do at least five sets of ten every day. The more frequently you do them, the quicker you will get results.**
- 6. Once you've mastered this technique, start doing the exercises more quickly, holding for just a couple of seconds. Alternate between fast and slow sets.**

Another exercise to help keep your pelvic floor muscles strong is to contract them mid-stream while you're passing urine, trying to stop the flow. Hold for a few seconds, and then release.