

PELVIC FLOOR EXERCISES

These should be performed daily, but you will not get the full benefits for 6-8 weeks.

How to locate your pelvic floor muscles:

To tighten the pelvic floor muscles, start by pulling in around the back passage, front passage and the vagina. Lift a little and then stop – imagine you are lifting and lowering a drawbridge inside you.

Key Points

- Pelvic floor exercises can be performed in any position. The sit-up position (on the back, knees flexed, feet flat on the floor) is a comfortable starting point.
- Try not to contract the abdominals, buttocks or thigh muscles.
- Keep breathing throughout.
- Quality is better than quantity. Once the pelvic floor becomes tired and the contraction no longer feels strong, stop and try again later.
- The pelvic floor muscles should never be totally relaxed. Even after exercises have finished, they should still be contracting slightly.

Exercise 1 – Kegels

Contract the pelvic floor muscles by lifting and holding for up to 10 seconds and gradually release.

Begin with 5 sets of 10 repetitions per day, gradually working up to 10 repetitions per day.

Exercise 2 – Quick Pelvic Floor Exercises

Tighten and lift the whole of the pelvic floor in one contraction.

Hold for a count of one. Release with control.

Repeat 6 times.

Exercise 3 – The Wave

Contract the pelvic floor from the back to front. The contraction begins at the back of the pelvic floor near the coccyx and progresses towards the pubic bone. The contraction should be held for a few seconds and then slowly released from the front towards the back.

Aim for 5 repetitions.

Exercise 4 – The Elevator

This exercise involves lifting and drawing in the pelvic floor muscles including the muscles of the vaginal wall.

The pelvic floor muscles can be used as an elevator, stopping at various degrees of contraction. Proceed to the lower pelvic floor in the same manner, ie. descending.