

Pelvic Floor

What is your pelvic floor for?

- Supports your internal organs.
- Stabilises your back and pelvis for good posture.
- Controls bowel and bladder movements.
- Impacts your sexual function.
- Helps with sports/fitness abilities.
- Makes your life easier overall!

WHEN's Advice

You need to do 2 types of pelvic floor exercises, quick and slow.

Pelvic floor exercises benefit your life. With regular practice you will get stronger.

3x per day, 3x per week.

If you have an issue, you may need to do them everyday.

Pelvic Floor Workout Tips

The pelvic floor must be worked both ways, like any muscle. The release is just as important as the lift.

Do you have concerns?

If you are unsure of whether you are contracting your pelvic floor correctly or are having continence issues, make an appointment with:

- Your GP.
- Pelvic floor physiotherapist.
- Gynaecologist.
- The Continence Foundation.
- Women's Health Education Network



Myths

- Stopping your pee midstream repeatedly is not a pelvic floor exercise. Don't do it - it can lead to a urinary tract infection (UTI) and bladder infections.
- Do not do as many lifts as you can while waiting at traffic lights. Focus on driving instead.
- Pelvic floor exercises are not just for women who have had children. We should all be doing them on a regular basis.

[when.org.au](https://www.when.org.au)

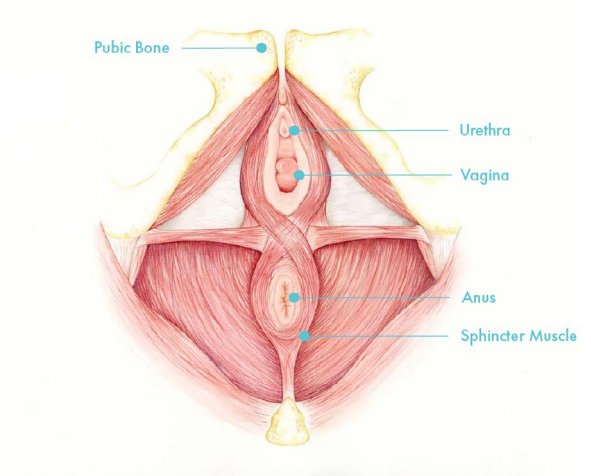
We only get one pelvic floor, the best way to look after it is to exercise it.

Your superficial pelvic floor muscle wraps around your vagina and the hole in your bottom (anus).

How To Activate your Pelvic Floor

- Imagine you are wearing tight pants and you need to pass wind.
- Try to stop yourself from passing wind without anyone taking notice. Do not squeeze your large bottom muscles (or people would see!), instead squeeze the hole in your bottom (anus).
- At the same time, imagine that you are trying not to pee.
- It should feel like you are squeezing and lifting at the same time.
- Your stomach, legs and bottom muscles should not move.
- Breathe normally.

View of the pelvic floor muscles from the base of the pelvis



Pelvic Floor Exercises

Quick exercises

- Lift for 1 second.
- Release for 1 - 2 seconds.
- Repeat x10.

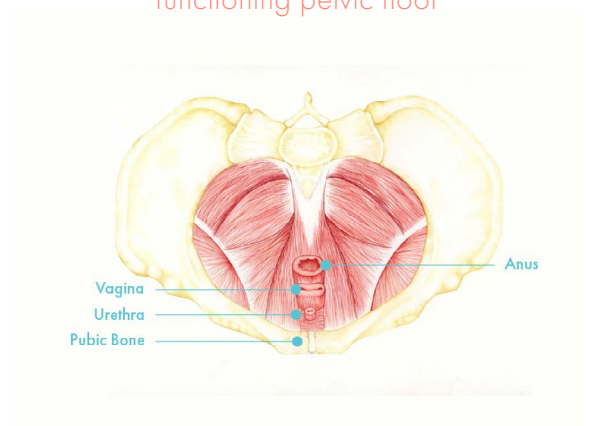
Slow exercises

- Lift and hold for up to 10 seconds.
- Breathe normally through the contraction.
- Reduce your hold time if you are unable to feel the contraction release.
- Rest for up to 10 seconds between contractions.
- Repeat x10.

Don't do

- Don't hold your breath.
- Avoid straining or constipation with bowel motions and use correct toilet posture.
- Don't push out urine quickly when peeing (power pee).
- Avoid heavy lifting. Be vigilant if lifting a baby, as they grow every day!
- Don't ignore recurring coughs - they can affect your pelvic floor.
- Avoid weight gain.

Internal organs supported by a functioning pelvic floor



View of the pelvic muscles from the top of the pelvis

