



Many women experience pelvic floor problems, especially during or after pregnancy. The pelvic floor muscles form a natural corset supporting your back and internal organs. These muscles can become stretched and weakened during pregnancy.

Weakness of the pelvic floor can lead to a number of problems such as incontinence, urinary urgency and reduced satisfaction during sexual intercourse. In order to overcome these problems exercises to strengthen the pelvic floor are required.

How to use your pelvic floor muscles

- It is important to get the right muscles working in the right way.
- To activate your pelvic floor muscles imagine that you are trying to stop yourself passing urine or wind, at the same time. Think about squeezing tightly inside your vagina. You should feel your muscles 'lift and squeeze'.
- Ensure you rest for 4-5 seconds between each squeeze. You should not feel your buttocks or legs tightening. Once you have mastered this technique you can begin exercising the pelvic floor.

Exercises for the pelvic floor

- Start gently and rhythmically. Hold the squeeze for a few seconds and then relax.
- Gradually increase the time and repetitions until you can squeeze for 10 seconds, 10 times.
- Try in different positions, such as lying, sitting standing and repeat often throughout the day.
- It is also important the pelvic floor muscles can react quickly to prevent leaking when coughing, sneezing laughing etc. Practise tightening your pelvic floor muscles as quickly and strongly as you can and repeat 10 times.

To be effective you need to practise these exercises at least 3 times a day

It can take several months for the pelvic floor muscles to return to their previous strength, but exercise does help!

Your physiotherapist can help progress your exercises and provide additional advice/treatment.

Contact us now

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