

Pelvic floor exercises

Information for patients

How do I find my pelvic floor muscle?

Imagine you are trying to stop yourself passing wind or urine, women should feel a lift in the perineal area and men should feel a lift in the scrotum. Another way women can find the pelvic floor muscle is to insert two fingers into the vagina and squeeze around them; the muscle you are using is the pelvic floor.

What exercises should I do?

You will be taught fast and slow exercises and given a personalised programme to follow by your nurse specialist or physiotherapist.

Slow exercises

Stand or sit comfortably with your knees slightly apart. Squeeze as if trying to stop yourself passing wind and also squeeze to stop yourself passing urine. Do not use your tummy muscles or your bottom whilst doing this and remember to breathe normally. When you can do this comfortably, squeeze both the front and back together, as tight as you can, up to a slow count of five – this will count as one exercise. You may not be able to hold for this long at first. Rest the pelvic muscle between each exercise for four to five seconds. You are aiming to repeat this 10 times.

Fast exercises

These are done in the same way as the slow exercises but instead of holding the muscle you release the muscle straight away, so you should feel a quick lift to your pelvic floor. You are aiming to do this 10 times and this is counted as one exercise. This is then repeated up to 10 times.

Pelvic floor muscles tire easily and you will notice a lot of concentration is needed initially to complete them. If you are unable to hold them for long, just hold them for as long as you can, if this is only for a hold of three then gradually increase the hold by one until you can reach 10. Any exercise of your pelvic floor is better than none.

Once you feel confident in doing the exercises try them when doing any activity which makes you leak – like rising from a chair or coughing – so that tightening the pelvic muscle becomes an automatic reaction.

How often do I need to repeat the exercises?

These exercises need to be repeated three times a day.

Do not expect instant results

As with any muscle it takes time for results to be felt, it may take several weeks or months of regular exercising before you regain the strength in your pelvic floor, you should never stop the exercises once your control improves.

Mobile App

There is a mobile app to help you with these exercises. Please ask your healthcare worker for more information.

Pelvic floor exercises are for life

Personal exercise plan

	slow	fast
Hold for		
Repeat		

	Once	x2	x3
Hold for 3/5 secs			
Repetitions			

For further advice or information please contact:

Continence Team
024 7696 1427

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