CHECK YOUR SUBMAXIMAL CONTRACTIONS

Repeat the upward forward and lift of your pelvic floor but at half the strength of your maximal squeeze.

- Work towards holding this contraction for up to 30 seconds.
- At present, you can hold _____ seconds.
- Remember to keep breathing, do not hold your breath
- Repeat this 3 times.

You now have all the information you need to design your own individual exercise programme.

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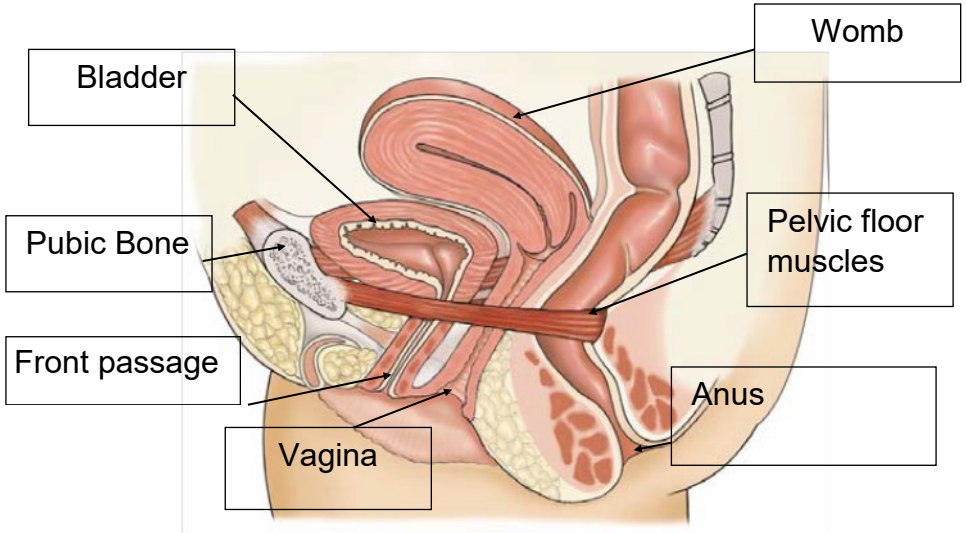
Pelvic Floor Exercises



Physiotherapy Department

http://cwmtaf.wales/services/physiotherapy-services/

GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol Cwm Taf University Health Board

PELVIC FLOOR EXERCISE

The pelvic floor muscle has 4 roles.

It: Supports the pelvic contents.

Helps maintain continence.

Helps with sexual function.

Provides spinal and pelvic stability.

HOW TO DO THE EXERCISE

It is really important to find the correct muscle, and the best way to do this is by doing the following:

Tighten around the back passage as if to stop passing wind. Now tighten your muscles as if stopping a wee. Aim for an upwards and forwards lift, trying to bring the back passage towards the pubic bone. Make sure you fully release / let go of the muscles following the lift.

FUNCTIONAL USE

If your muscle is to be of any use to you, you need to be able to perform a pelvic floor contraction and breathe at the same time. Make sure you can use your muscle in lying, sitting, standing, walking and other activities. You need to **actively** contract your pelvic floor muscles to the best of your ability BEFORE and DURING the activities that cause or worsen your symptoms.

This is called **functional bracing**.

Once you can identify the movement with your mind **and** you know that you're using the correct technique, then you can progress to the next stage.

CHECK YOUR FAST CONTRACTIONS

You now need to perform the upward lift **quickly**, and to its **maximum**, remembering to **release / let go completely** between each attempt.

How many identical FAST contractions can you do in a row before your muscles get tired?

BOX 1 **Start** **Goal**

To do this correctly you need to FEEL the 'let go' after each contraction e.g. if on your 5th contraction you cannot feel the 'let go', then

CHECK YOUR SLOW CONTRACTIONS

A slow contraction is holding on to the upward and forward lift for a period of time.

How many seconds can you hold your maximum contraction for before your muscles get tired? You need to rest for approximately 4 seconds in between each contraction.

BOX 2 **Start** **Goal**

How many times can you repeat this long contraction before your muscles get tired?

BOX 3 **Start** **Goal**

Remember you need to feel the 'let go' after each contraction.