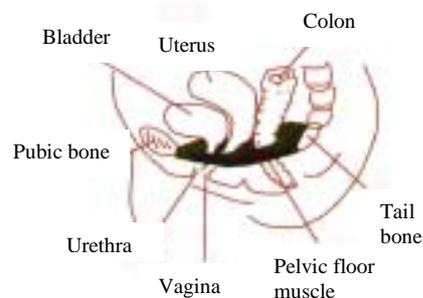


What are the Pelvic Floor Muscles?

They are made up of layers of muscle and other tissues. These layers stretch like a hammock from the tail bone at the back to the pubic bone in front.



The colour in black represents the Pelvic floor muscle

Why the Pelvic Floor Muscles may weaken?

- Pregnancy and childbirth
- Continual straining to empty the bowel (constipation)
- Persistent heavy lifting
- Being overweight
- Changes in hormonal levels at menopause
- Chronic cough (such as smoker's cough or chronic bronchitis and asthma)

What does Pelvic Floor Muscle do?

- It supports the pelvic organs the bladder, uterus and bowel.
- It gives extra control to these outlets especially on coughing, sneezing or any exertion (It helps to stop urine leaking in stress incontinence).
- It helps you to “hold on” to both the bladder and bowel outlets whenever you get the urge to go.
- It increases sexual enjoyment.

Pelvic Floor Exercise

1. Sit or lie comfortably with the muscles of thighs, buttocks and abdomen relaxed.
2. Tighten the ring of muscle around the back passage as if you are trying to control diarrhoea or wind. Try to hold the contraction as you count to five then release and relax.
3. It is important to rest for about 10 seconds in between each contraction. If you find it easy to hold for a count of five, try it for longer, up to ten seconds.
4. Repeat this as many as you can up to a maximum of 8-10 squeezes.
5. Also do five to ten short, fast, but strong contractions.
6. Do this exercise routinely as least 4-5 times everyday.

While doing the exercises, remember:

NOT to hold breath

NOT to tighten your tummy, buttocks and thighs

NOT to push down but squeeze and lift **UP**

7. Once you have learnt these exercises, they can be done during everyday activities e.g.
 - Showering
 - Watching TV
 - Brushing your teeth
 - Traveling in a bus
 - Reading books
8. Meanwhile, if you feel that urine leakage is happening, try to do the “squeeze” in order to stop the leakage.

**Do the exercises regularly,
Don't give up!**

Others that can help your Pelvic Floor Muscle

- Avoid constipation and prevent straining during your bowel movement.
- In case you have chronic bronchitis or asthma, seek medical advice to reduce sneezing and coughing.
- Keep your weight within the right range for your height and age. Don't get overweight.

Remember to attend regular follow up