

Pelvic Muscle Exercises



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For
Women



What are pelvic muscles?

Pelvic muscles hold your bladder, uterus, and bowels in place. These are the muscles you tighten to stop passing gas.

Weak pelvic muscles

Your pelvic muscles may get weaker after you have a baby, or as you get older. Weaker muscles make it harder to control your bladder and bowels. You may leak urine when you cough, sneeze, laugh or exercise.

Pelvic muscle exercises

There are exercises that will make your pelvic muscles stronger. You can do them while standing, sitting, or lying down. To help you remember, try doing the exercises :

- during TV commercials
- before you go to sleep
- first thing in the morning



Do not try to stop and start passing urine as a way to make your pelvic muscles stronger.

How to do pelvic muscle exercises

1. Squeeze your pelvic muscles as if you were trying to stop passing gas.
2. Hold for 3 seconds (Count 1 one thousand, 2 one thousand, 3 one thousand).
3. Relax for 3 seconds.
4. Do not hold your breath.
5. Gradually increase to: squeeze for 10 seconds and relax for 10 seconds.

10 exercises are called a **set**.

Do 1 set 3 – 5 times a day

6. Add 5 quick squeezes, (squeeze, relax, squeeze, relax, 5 times). This will help suppress urgency.

It may take 6 to 8 weeks before you notice improvement. Just keep on doing them!