



HARTMANN DIRECT HEALTH FACTSHEET 4 PELVIC FLOOR MUSCLE EXERCISES FOR WOMEN

How to strengthen your pelvic floor muscles

You need to learn, and regularly carry out, your pelvic floor muscle exercises. To begin, choose a quiet time and place, so you can concentrate on learning the exercises correctly.

Sit, stand or lie down, with your feet comfortably apart. You can do the exercises in any of these positions. Relax and breathe normally.

You are going to learn to carry out both slow and fast pelvic floor muscle exercises.

- Concentrate, then squeeze and lift the pelvic floor muscles as if you are trying to stop yourself from passing urine. Then tighten the muscles around the back passage, as if you are trying not to pass wind. By doing these two together, you should be exercising your pelvic floor muscles.

Keeping the muscles tightly squeezed, count slowly and hold for as long as you feel comfortable. Then relax for the same count. Try to gradually increase the duration up to 10 seconds if possible. Aim to repeat the 10-second holds as many times as you can, aiming for 10 times.

To check you are using the correct muscles, hold a small mirror so you can see the area between your legs. Tighten the muscles. The skin between the anus and vagina should move away from the mirror.

- After a short rest, repeat the above exercise but this time tighten and relax the muscles quickly, as if to the beat of a drum; Tighten, Relax, Tighten, Relax. Make sure that you properly relax between each fast contraction and do as many as you can, up to 10.
- **For maximum effect, the slow and fast exercises should be repeated about 4 times a day.**

Each month, monitor your progress below.

Be patient and don't give up. It can take up to three months to notice an improvement.

Date	Hold for?	Number of slow squeezes	Number of fast squeezes
(start)	secs	times	times
	secs	times	times
	secs	times	times
	secs	times	times