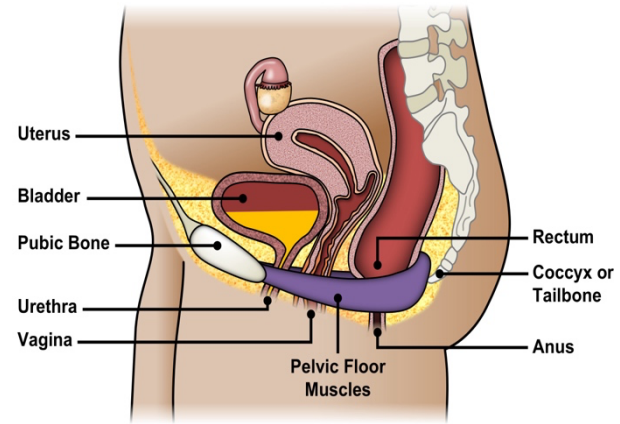


Pelvic Floor Muscle Training for Women

Your Pelvic Floor Muscles

Your pelvic floor has a group of muscles that attach to your pubic or pelvic bone in the front and go around your urethra, vagina and rectum. These muscles support your pelvic organs; the **bladder, uterus and rectum**.

A small valve (sphincter) within the pelvic floor helps keep the urethra closed so urine doesn't leak. These muscles **tighten to stop urine flow** and **relax when you urinate**. If they become weak or damaged, you may experience **bladder control problems** or **urinary leakage** (incontinence). Regular training, called **Kegel exercises**, helps **strengthen** these muscles and **prevent leaks**.



How to Find Your Pelvic Floor Muscles

A few ways to identify the correct muscles:

- **Imagine stopping the flow of gas** or **pinching off a bowel movement**.
- Picture yourself in a crowded elevator or public place and you suddenly feel the urge to pass gas—you'd **squeeze the muscles around your rectum** to hold it in. That's your pelvic floor.

✅ **Important:** Do **not** tighten your thighs, buttocks, or stomach. Focus only on the pelvic muscles.

Types of Pelvic Muscle Exercises

There are **two types of muscle fibers**, so you need **two types of exercises**:

1. **Quick Squeezes (Short or Fast-Twitch)**
 - Tighten your pelvic floor muscles **quickly**, hold for **2 seconds**, then **relax**.
 - Repeat **10 times**, 2–3 times a day.
2. **Long Squeezes (Long or Slow-Twitch)**
 - Tighten the muscles and hold for **5 seconds**, then relax for **5 seconds**.
 - After one week, try to **build up to 10 seconds**.

Best Positions for Practice

You can do these exercises **anywhere** and **anytime**. Start in the easiest positions and progress.

- **Lying Down:** On your back with knees bent and a pillow under knees.
- **Sitting:** On a firm chair with feet flat and knees slightly apart.
- **Standing:** With knees slightly bent and feet shoulder-width apart.

How to Use These Muscles Daily

- **Practice in positions where you leak**—such as standing or walking.
- **Use a few squeezes** to calm the bladder if you feel a sudden urge to urinate.
- Walk slowly and calmly to the bathroom after that.

Avoid These Common Mistakes

- ❌ **Don't use your thighs, buttocks, or stomach**—keep the focus on the pelvic floor.
- ❌ **Don't hold your breath**—breathe normally or count out loud during exercises.

Pelvic Floor Muscle Exercise Prescription

✓ Two Types of Exercises

1. SHORT QUICK SQUEEZES

- Squeeze the pelvic floor muscles **quickly**
- **Hold for 2 seconds**, then **relax completely**

2. LONG SQUEEZES

- Squeeze and **hold for 5 seconds**, then relax for 5 seconds
- Gradually increase over a week to:
 - **Hold for 10 seconds**
 - **Relax for 10 seconds**

🔑 What Counts as One Session?

To complete one full session:

✓ Do **both short and long exercises**

✓ Practice in **all 3 positions**:

- Lying Down
- Sitting
- Standing

★ Special Tips for Success

🕒 **Empty your bladder** before you begin.

🔊 **Count out loud** during long holds to help keep breathing steady.

💡 **Keep your stomach, thighs, and buttocks relaxed** — place a hand on your belly to make sure it doesn't move.

🧘 **Rest the muscle fully** between each squeeze

EXERCISE SESSION

Lying Down

Do 10 exercises: 2 seconds **SHORT/QUICK**

Do 10 exercises: 5-10 seconds **LONG**

Sitting

Do 10 exercises: 2 seconds **SHORT/QUICK**

Do 10 exercises: 5-10 seconds **LONG**

Standing

Do 10 exercises: 2 seconds **SHORT/QUICK**

Do 10 exercises: 5-10 seconds **LONG**

Start by doing 1 session every day and after 1 week increase to 2 sessions each day



You can do the exercises by listening to the MP3 recording by clicking on this QR code.

<https://grandroundsinurology.com/pelvic-floor-muscle-rehabilitation-audio-resources/>

Can These Exercises Hurt Me?

No! These exercises are **safe and gentle**.

If you experience:

- **Back or stomach pain** → You may be using the wrong muscles.
- **Headaches** → You're probably holding your breath.

When Will You Notice a Change?

- **After 4–6 weeks**: You may feel stronger muscles and better bladder control.

- **After 3–4 months:** Expect the biggest improvement in leakage control.

💡 *Be patient. The more you practice, the better the results.*

Tip for Success

Make pelvic floor training a **daily habit**:

- Squeeze while walking, standing up, or heading to the bathroom.
- Try pairing it with routines like brushing your teeth or watching TV.