



Pelvic Floor Muscles Training Exercises

Pelvic floor muscle training exercises are a series of exercises purposes to strengthen the muscles of the pelvic floor. Those are useful for women with urinary stress incontinence after childbirth. Urinary incontinence occurs in more than 20 % women after delivery. It is the loss of bladder control, resulting in the accidental loss of urine. Some women may lose urine while running, coughing, sneezing, lifting heavy object or exercising. Pelvic floor muscle exercises not only can help improve bladder and bowel control and reduce the risk of prolapse, but also to improve the sexual enjoyment

Exercising your pelvic floor muscles

At first, perform pelvic floor muscle exercises is to identify the correct muscles. When you go to the toilet, try to stop or slow the flow of urine midway through emptying your bladder. Once you master the skill of contracting your pelvic floor muscles, try holding the inward squeeze for longer (up to 10 seconds) before relaxing. If you feel comfortable doing this, repeat it up to 10 times. This can be done three times a day. Make sure you continue to breathe normally while you squeeze in. You can do these exercises at any time and place. Most people prefer to do the exercises while lying down or sitting in a chair.

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All information above has been reviewed by Department of Obstetrics and
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