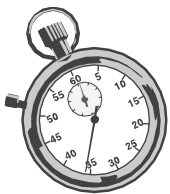


To do 1 pelvic muscle exercise, follow these steps:

1. Squeeze your pelvic muscles.
2. Hold and count slowly.....
1 and 2 and 3 and
3. Relax and count slowly.....
1 and 2 and 3.
4. You can do these while lying, sitting or standing.

You must relax your muscles for the same amount of time.

- 10 exercises are called **1 set**.
- Do **1 set** 5 times a day.
- As you get better at doing these exercises, you can count to 5 and then relax for a count of 5.



Hints hints for remembering to do your exercises

Do your exercises:

- During commercials when watching TV.
- While driving in the car, to music on the radio.
- Before going to sleep or first thing in the morning.

The Continence Program
Centre for Ambulatory Health Services
2757 King Street East
Hamilton, Ontario
L8G 5E4

For an appointment call
905-573-4823
You can call yourself to make an appointment

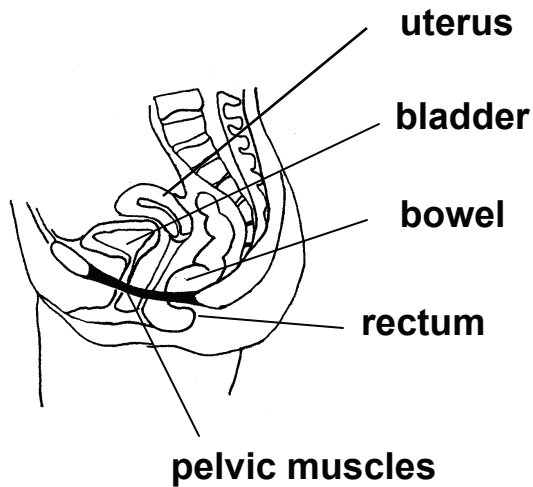
Pelvic Muscle Exercises for Women



St. Joseph's
Healthcare  Hamilton

What are pelvic muscles?

You can see where your pelvic muscles are in the picture below.



- Pelvic muscles hold your bladder, uterus and bowels in place.
- These are the muscles you tighten to stop rectal gas or urine flow.

Weak pelvic muscles

- Pelvic muscles become weak and sag after having a baby, with little or no exercise or by getting older.
- Weak muscles give you less control of your bladder and bowels.
- With weak muscles you may leak urine when you cough, sneeze, laugh or exercise.



Trying to stop and start while passing urine is not recommended as a method of strengthening pelvic muscles.

Pelvic Muscle Exercises

When you first start doing these exercises, find a quiet place to relax. This helps you exercise the correct muscles. It may take some time to get the right muscles.

To locate the muscles, it is best to sit down. Try to squeeze the muscles which prevent you from passing rectal gas.



Try not to tighten your abdominal and buttocks muscles. Do not hold your breath.

After you get used to doing these exercises, you can do them any time, any place, in any position.