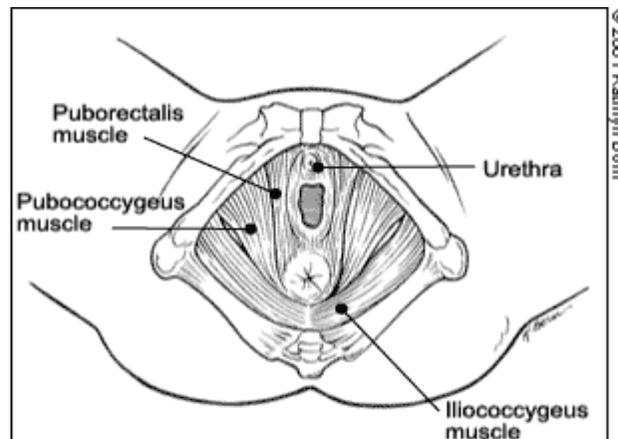




## Pelvic Floor Exercises

The pelvic floor muscles—or “PC muscle,” for *pubococcygeus muscle*—are attached from your pelvic bone to your backbone. They act like a sling that supports all of your pelvic and bowel organs. Pelvic floor exercises help strengthen these muscles that are important for the normal functioning of your uterus, bladder, bowels and vagina.

Every woman can benefit from pelvic floor exercises, starting in her teens. Life's events can weaken your pelvic muscles. Pregnancy, childbirth, chronic constipation, chronic coughing, poor posture, or being unfit can do it. When these muscles get weak—or if they're too tight—you can help to make them strong and efficient again.



### ***Pelvic floor exercises* are helpful because they:**

- Support your pelvic organs and reduce the risk of prolapsed uterus and bowel
- Prevent urine (pee) leaking when you sneeze or cough
- Strengthen your muscles to make childbirth easier and lessen tears and hemorrhoids
- Speed your healing after childbirth
- Enhance sexual pleasure and make sex more comfortable for you
- Strengthen your muscles to increase your ease in reaching an orgasm
- Reduces constipation

## How to find your pelvic floor muscles:

- Sit on a hard surface so you can feel your “bum bones”. Squeeze the muscles you would use to stop passing gas or urine. You will know you are using the right muscles if you feel an upward pull. If your head and shoulders are moving up and down, you are using the wrong muscles: those are your glutes, or ‘bum muscles.’
- Another way to find the right muscles is to lie down and put your finger inside your vagina. Squeeze as if you were trying to stop gas or urine from coming out. If you feel tightness and your finger being pulled upwards, you are squeezing the right muscles.
- Or you can try finding this muscle during sexual activity. Your partner should be able to feel the increased tightness, and the feeling of a finger or penis being pulled in.

## How to do pelvic floor exercises:

- You can do these exercises standing up, sitting down, or lying down
- Breathe normally. Do not hold your breath.
- Do not do these exercises while urinating or sitting on the toilet
- Try not to squeeze your stomach, leg, bum or other muscles
- *Squeeze only your pelvic floor muscles*
- Hold the squeeze while counting to 3
- Relax your muscles while counting to 3
- Repeat this “squeeze & relax” 10 times
- Do this exercise 5 times a day
- After one month, try holding the “squeeze & relax” for longer periods.

*\*If you feel you are not doing these exercises correctly, talk with your health care provider.*

Find ways to work pelvic floor exercises into your day, every day. You can do them while you are sitting at a red light, watching TV, or chatting on the phone. An investment in your pelvic floor today can benefit you throughout your lifetime

**Disclaimer:** WHC provides health information for your learning only. It should not be used to replace a visit with a health care provider.

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