Men and strong pelvic floor muscles

Let’s yarn about men’s business
**The pelvic floor muscles**

The pelvic floor muscles are between your legs from your pubic bone (at the front) to your coccyx (tailbone at the back).

They stretch and hold up the bladder and the bowel.

If these muscles are weak, you can leak urine (wee) and poo.

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**Your pelvic floor muscles get weak from:**

- lifting too many heavy things
- coughing a lot (such as with asthma or a smoker’s cough)
- constipation (hard poo) if you have to push to empty your bowel and do a poo
- being overweight (too heavy).
**Things you can do to help**

- Eat healthy food.
- Drink fluid every day. Fluid is everything you drink. Fluid includes milk, juice and soup. The best fluid to drink is water.
- Exercise every day.
- Get help if you are lifting heavy things.
- Get help to give up smoking.
- If you are coughing a lot, ask for help from your health worker, nurse or doctor.
- Learn to do pelvic floor muscle exercises.

**How to do your pelvic floor muscle exercises**

It’s important that you work the right muscles. If you are not sure if you are exercising the right muscles, talk to your health worker, nurse, physiotherapist or doctor.

Try to do this exercise:

- Tighten the muscles around your bottom and lift them up inside.
- This feels like holding in wind or stopping a wee.
- Try not to squeeze your buttocks together.
- You will feel a slow squeeze and a lifting up in the muscle around your bottom.
- Don’t hold your breath.
- Hold on for as long as you can.
- Try to do these exercises at least 3 times every day.
Make the exercises part of your daily life
You will need to work hard at these exercises. It takes time to build your strength.
Good times to do them are while you are washing your hands, watching TV or sitting down and talking with other people.
Get into the habit of doing these exercises.
Your health worker, nurse, physiotherapist or doctor can help you.

Talk to your health worker, nurse, physiotherapist or doctor

Who can help?
- Aboriginal and Torres Strait Islander health service
- Health workers
- Nurses
- Physiotherapists
- Doctors
- National Continence Helpline 1800 33 00 66

Notes
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