

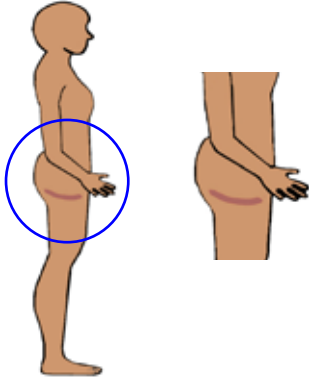
Pelvic floor muscle exercises

Continence Foundation of Australia



Easy English 2016

Pelvic floor muscle exercises



This factsheet is about how to make your **pelvic floor muscles** strong and healthy.

The factsheet has some hard words.

The first time we write a hard word it is in **blue**.

We will say what the hard word means.

The words and pictures in this factsheet will help you learn about things in your body.

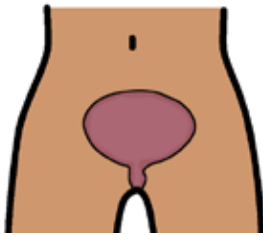
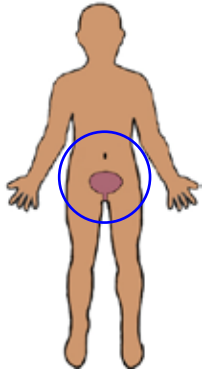
The pictures do **not** show all the detail.

What are pelvic floor muscles?



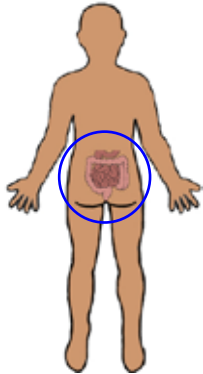
Your **pelvic floor muscles** help you control when you wee or poo.

They support your



- **bladder**

and



- **bowel.**



Your bladder holds your wee until you are ready to go to the toilet.



Your bowel holds your poo until you are ready to go to the toilet.

You need healthy pelvic floor muscles to have good bladder and bowel control.

Things that make your pelvic floor muscles weak

Some things can make your pelvic floor muscles weak. For example if you



- push too hard when you do a poo



- are overweight

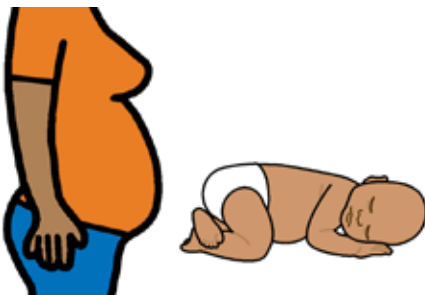


- cough a lot



- lift heavy things.

You can also have weak pelvic floor muscles if you



- are pregnant or have had a baby

- have had bladder or bowel surgery.

How to keep your pelvic floor muscles strong

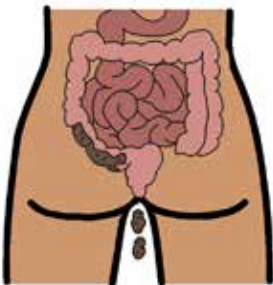
You can do exercises to keep your pelvic floor muscles strong.

Pelvic floor muscle exercises can help stop **incontinence**. Incontinence is when



- wee leaks from your bladder

or



- poo leaks from your bowel.

Incontinence happens without your control.



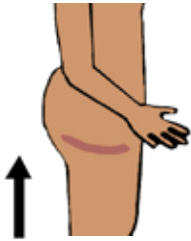
Pelvic floor muscle exercises can also

- help your body support a baby if you are pregnant
- help people keep their pelvic floor muscles strong when they get older.

How to find your pelvic floor muscles



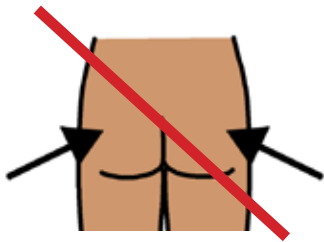
1. Sit or lie down. Relax the muscles inside your bottom and tummy like you are letting go of wind.



2. Squeeze and lift the muscles inside your bottom like you are trying to stop a poo or stop a wee.

You will feel the muscles get tight.

Then relax.



Do **not**

- squeeze your outside bottom muscles or leg muscles

or



- hold your breath.



If you can **not** find your pelvic floor muscles,
talk to

- your doctor

or



- a **continence nurse**.

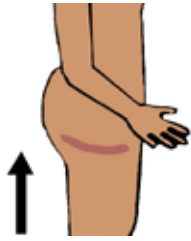
A continence nurse is a special nurse who can help you find your pelvic floor muscles.



You can also talk to a **continence physio**. A continence physio knows a lot about bladder and bowel control problems.

A continence physio can also help you with your pelvic floor muscle exercises.

How to do your pelvic floor muscle exercises



1. Squeeze the muscles inside your bottom.

You will feel the muscles get tight.



2. Hold the squeeze for 8 seconds or as long as you can.

3. Repeat for 8 to 12 squeezes.

4. Do this 3 times a day.



Where to get help



You can

- talk to your doctor



- talk to a continence nurse



- talk to a continence physio



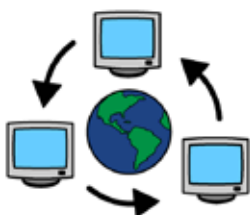
- call the **National Continence Helpline.**



1800 330 066



8am – 8pm Monday to Friday



You can get more information online at

www.continence.org.au

Do you speak another language?



If you need an interpreter, you can use the Translating and Interpreting Service.



Call 13 14 50.

Ask for the National Continence Helpline.

Is hearing hard for you?



You can use TTY.



Call 1800 555 677.

Then give number 1800 330 066.

Is your speech hard to understand?



You can use the NRS Speak and Listen.



Call 1300 555 272.

Then give number 1800 330 066.

This resource has been developed with support by funding from the Australian Government under the National Continence Programme.

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