

Pelvic Floor Muscle Exercises

Pelvic floor muscles support the pelvic organs, help control the bladder and bowel, and contribute to core stability.

How to do pelvic floor muscle exercises:

- Start in a sitting or lying position
- Breathe normally — don't hold your breath
- Squeeze and lift as if stopping urine/passing wind
- Try to hold for 2–3 seconds
- Relax fully afterwards
- Gradually build up to 10 × 10-second holds
- Practice several times a day, in different positions

Remember: Bladder and bowel leakage is common, but it won't be resolved without the right help. If you need support, contact your local pelvic health physiotherapist or continence advisor. Seeking professional help is vital.



0800 650 659



[continence.org.nz](https://www.continence.org.nz)

continence

NZ