

# Pelvic Floor Guide

WITH LIZ CHILDS, PELVIC HEALTH PHYSIO



Everyone should be aware of their pelvic floor – regardless of your age, race, gender, or fitness level! Here is Liz’s simple guide:

## SIT UP STRAIGHT AND RELAX

*Relax your tummy and inner thighs*

When done correctly, a pelvic floor contraction feels like you are squeezing and lifting up inside. For women, you could imagine you are squeezing around a tampon and pulling it in. For men, visualising “nuts to guts” might help activate the right muscles.



## BE CAREFUL TO ISOLATE THE CORRECT MUSCLES

*Squeeze, don't suck in*

When you do a pelvic floor contraction you should also feel a drawing in of your lower tummy muscles. Be careful not to suck up under your ribs, or into your chest, and don't squeeze your buttocks.

## LET GO FULLY AFTERWARDS

Ideally, you should be able to hold a contraction for 10 seconds – and feel it relax completely afterwards. If you can only hold it for one or two seconds, that's fine, start there and build it up.

## DO THEM DAILY

- Squeeze and lift
- Build up to a 10 second hold
- Rest for 10 seconds
- Repeat 10 times
- Do this three times a day

Once your muscles are strong, keep doing the exercises once a day to maintain them for the rest of your life. You can do them anywhere, anytime - just make sure you do them!

## STILL UNSURE?

If you're not sure you can contract correctly and relax fully, seek help from somebody who has specialised training in pelvic floor exercises (eg a pelvic health physio).

Never be afraid to ask for help!

