

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!

