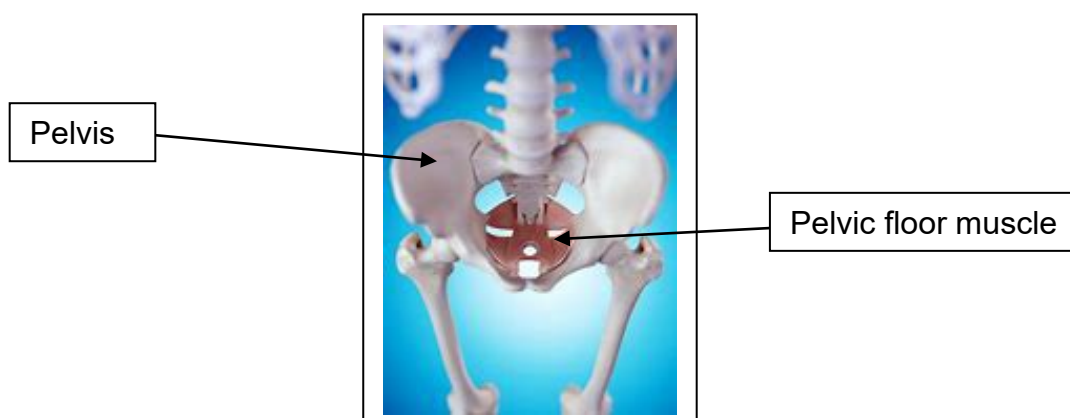


Pelvic Floor Exercises for Young People

PART 1

What and where is your pelvic floor?

Your pelvic floor muscles are important for making your bladder work well. The picture below shows you where your pelvic floor muscles are located. They are at the base of your pelvis, below the bladder and are shaped like a sling. Both boys and girls have these muscles. If your muscles are weak, you may leak urine in-between wees or if you giggle or cough. If these muscles are tight, you might find it difficult to wee so you won't empty your bladder completely when you go.



Tightening and relaxing your pelvic floor muscles

This exercise helps you become more aware of your pelvic floor muscles and how to tighten and relax them.

1. Find a comfortable position either sitting on chair or lying on your back.
2. Concentrate on how the chair or bed is supporting you.
3. Let your arms and legs go floppy and sink into the chair or bed.
4. Now think about tightening the muscles that stop you having a fart and at the same time tightening the muscles that stop you having a wee. Then let them relax fully and just breathe.
5. Try not to squeeze your inner thigh muscles, your bottom muscles or your tummy muscles.
6. Once you have found the correct muscles you can try some short squeezes making sure you let the muscle relax in between.

PART 2

Exercise program for your pelvic floor muscles

Now you have found your pelvic floor muscles we need to build an exercise program for you.

Short squeezes _____

Longer holds _____

You need to try and do these 3 times each day and it's good to try in a mixture of lying, sitting and standing.

If you are still finding it hard to feel this muscle working, then you could try these ideas to help.

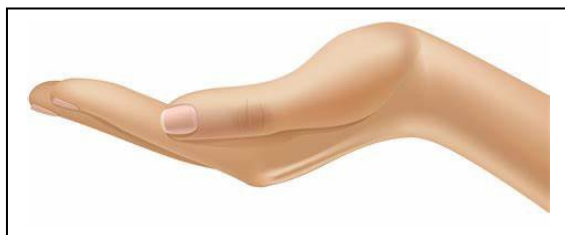
- 1) Sitting on a gym ball – does this help you to feel your pelvic floor more easily?



- 2) Sitting on a rolled up towel lengthways on a chair



- 3) Cupping your hand between your legs, under your vagina. Can you feel the skin lift away from you as you try to squeeze the pelvic floor muscle?

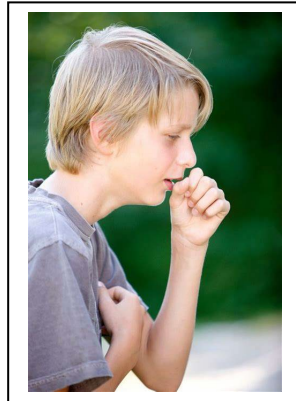


PART 3

Progressing your pelvic floor exercises into your daily life

Now you hopefully have a good idea of how to exercise your pelvic floor we want to think more about how we can use it throughout your day.

You can think about tightening the muscles while you cough, sneeze, laugh or jump.



Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

Sources of information

NHS

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4500 x734434 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:
Pelvic Health Physiotherapy team

The directorate group that has agreed this patient information leaflet:
Community Health and Integrated Care

Next review date: April 2025
Responsible clinician/author: Jo Aston Pelvic Health Physiotherapist

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