To do 1 pelvic muscle exercise, follow these steps:

1. Squeeze your pelvic muscles.

2. Hold and count slowly . . .
   1 and 2 and 3 and

3. Relax and count slowly . . .
   1 and 2 and 3

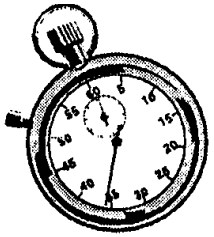
4. You can do these while lying, sitting, or standing.

You must relax your muscles for the same amount of time.

- 10 exercises are called **1 set.**

- **Do 1 set 5 times a day.**

- As you get better at doing these exercises, you can count to 5 and then relax while you count to 5.



Helpful hints for remembering to do your exercises:

Do your exercises:

- During commercials when watching TV.
- While driving and listening to music on the radio.
- Before going to sleep or when you first wake up.

The Continence Program

at
St. Joseph's Healthcare Hamilton
Centre for Ambulatory Health Services
2757 King Street East
Hamilton, Ontario
L8G 5E4

☎ For an appointment call:
905-573-4823

☎ You can call yourself to make an appointment.

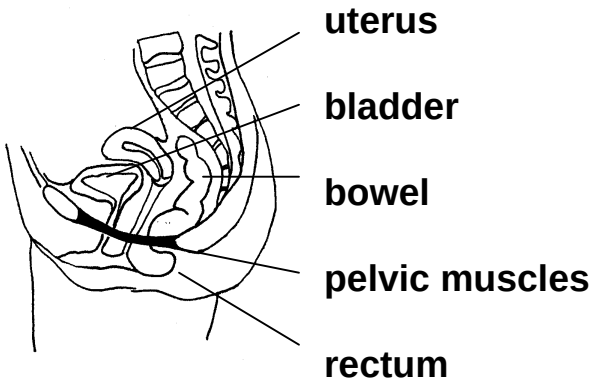
PD 3271 Rev 10/06

Pelvic Muscles Exercises for Women

St. Joseph's Healthcare
Hamilton

What are pelvic muscles?

You can see where your pelvic muscles are in this picture:



- Pelvic muscles hold your bladder, uterus and bowels in place.
- These are the muscles you tighten to stop rectal gas or urine flow.

Weak pelvic muscles

- Pelvic muscles become weak and sag with little or no exercise, after having a baby or by getting older.
- Weak muscles give you less control of your bladder and bowels.
- With weak muscles, you may leak urine when you cough, sneeze, laugh or exercise.

✖ Trying to stop and start while passing urine is no longer recommended as a way to make pelvic muscles stronger.

Pelvic muscle exercises

When you first start doing these exercises, find a quiet place to relax. This helps you exercise the correct muscles. It may take some time to get the right muscles.

To locate the muscles, it is best to sit down. Try to squeeze the muscles that prevent you from passing rectal gas.

Try not to tighten your abdominal and buttocks muscles. ✖Do not hold your breath.

After you get used to doing these exercises, you can do them any time, any place, in any position.