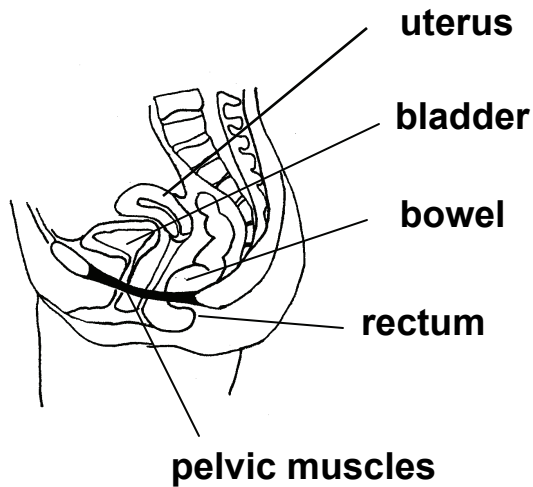


## What are Pelvic Muscles?

You can see where your pelvic muscles are in the picture below.



- 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 after having a baby, with little or no exercise 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 not recommended as a method of strengthening pelvic muscles.



## 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 which prevent you from passing rectal gas.

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



The steps to doing pelvic muscle exercises are described on the next page.

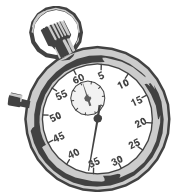
After you get used to doing these exercises, you can do them any time, any place, in any position.

**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 for...1 and 2 and 3.
  4. You can do these while lying, sitting or standing.
- 10 exercises are called **1 set**.
  - Do **1 set** 5 times a day.

**You must relax your muscles for the same amount of time that you squeezed.**

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



**Hints hints for remembering to do your exercises**

Try doing your exercises:

- During commercials when watching TV.
- When listening to music.
- Before going to sleep or after you wake up in the morning.

**The Continence Program**

St. Joseph's Healthcare  
King Campus—Lower Level  
2757 King Street East  
Hamilton, Ontario  
L8G 5E4

For an appointment call  
**905-573-4823**

You can call yourself to make  
an appointment.

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# Pelvic Muscle Exercises for Women



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King Campus—Lower Level  
2757 King Street East  
Hamilton, Ontario  
L8G 5E4