

Exercise Pelvic Floor Muscles to Improve Incontinence

Pelvic floor muscles help support the bladder and bowel control. Aging, overweight, heavy lifting, chronic coughing or childbirth may weaken your pelvic floor muscles. Pelvic floor exercises (Kegel exercises) build up and tighten the pelvic floor muscles. These exercises may help strengthen bowel and bladder control and reduce or stop the leakage of urine. This set of exercises is suitable for both men and women.

How to Perform Pelvic Floor Exercises

1. Squeeze and draw in the pelvic floor muscles around your anus (back passage). Lift them up inside.
2. Inhale. Feel a sense of lift each time you squeeze your pelvic floor muscles.
3. You will have a better result by performing both slow contractions and quick contraction exercises.

Slow Contractions Exercise strengthens the pelvic floor muscles and helps prevent urine leakage.

How: Tighten your pelvic floor muscle to your limit and hold them for 8 seconds. Then release slowly. Rest for 8 seconds and repeat this 20 times. You may start with 3 cycles every day.

Quick Contractions Exercise helps strengthen pelvic floor muscles and prevent urine leakage caused by sneezing, coughing and exercising.

How: Start contracting and upward lifting the pelvic floor muscles quickly. Hold for 1-2 seconds and relax. Repeat this 10 times. You may start with 3 cycles every day.

Visit your physician for treatment and prevention!

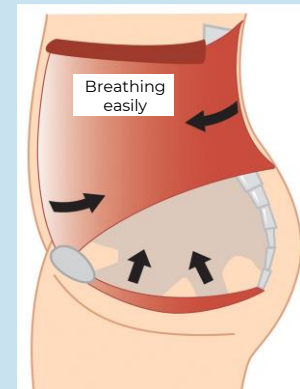
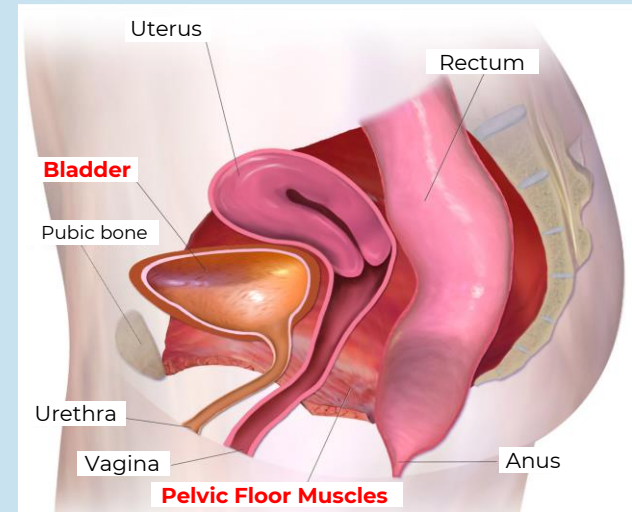


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Notes:

1. It may take 2-6 months to see improvement.
2. While doing pelvic floor exercises, please do not hold your breath.
3. It is not recommended to perform these exercises during urination.
4. You may perform these exercises while you are lying down on the floor or standing.

鍛煉盆底肌肉改善失禁

盆底肌有助於支持膀胱和腸道的控制。年紀增長，超重，負重，慢性咳嗽或分娩可能會削弱您的盆底肌肉。盆底肌鍛煉運動可增強並收緊骨盆底肌肉。這些練習可以幫助加強腸道和膀胱的控制，有助預防或改善尿滲及失禁問題失禁。男女適用。

如何進行盆底肌肉鍛煉運動

1. 收縮盆骨底肌肉並用力夾緊臀部（縮肛）。維持夾緊。
2. 吸氣。每次收縮時，都會感到盆骨底肌肉收緊。
3. 鍛煉慢速收縮和快速收縮，您將獲得更好的結果。

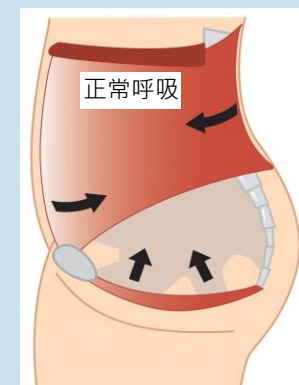
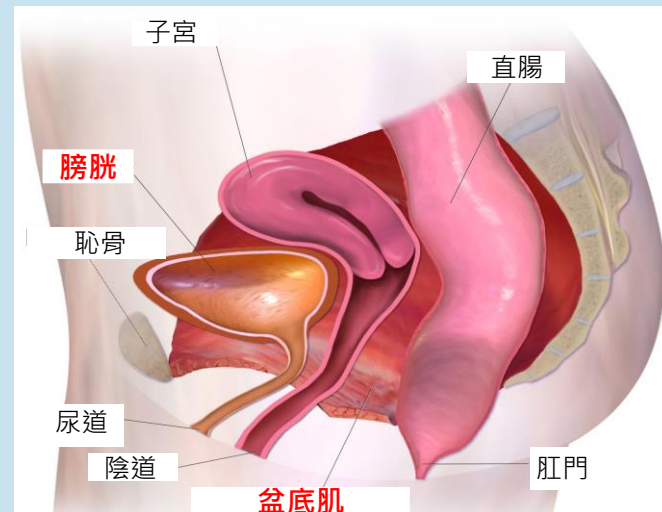
慢速收縮鍛煉 增強盆底肌肉並幫助防止尿液滲漏。

做法：將骨盆底肌肉收縮至極限（縮肛），並維持8秒。然後慢慢放鬆，休息8秒。20次為1組，每日3組。

快速收縮鍛煉 增強盆底肌肉並幫助防止因打噴嚏，咳嗽和運動引起的尿滲問題。

做法：快速地將骨盆底肌肉收縮（縮肛）。維持1-2秒，然後放鬆。10次為1組，每日3組。

請到訪您的醫生進行治療或獲得預防的資訊！




注：

1. 可能需要2到6個月才能看到改善。
2. 在進行盆底肌運動時，不要屏住呼吸。
3. 不建議在排尿時進行這些運動。
4. 您可以躺在地板上或站立時進行這些鍛煉。



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