

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.

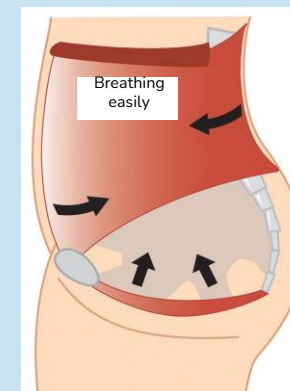
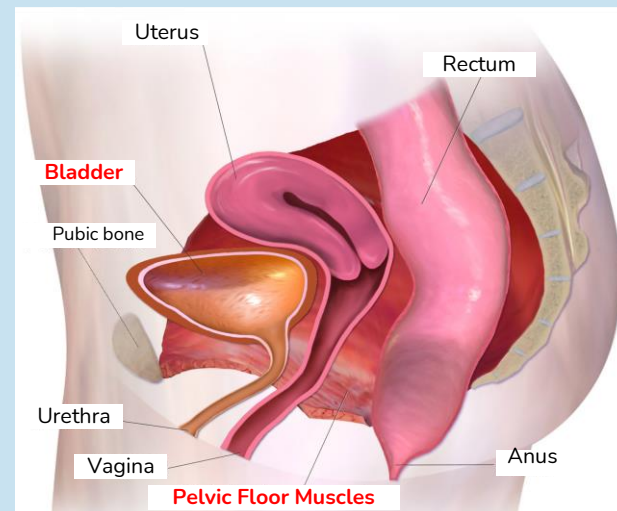
Slow Contractions Exercise strengthens the pelvic floor muscles and helps prevent urine leakage.

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.



Notes:

1. It may take 2-6 months to see improvement.
2. While you are 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.



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