

## Easy pelvic floor training in 4 steps

The pelvic floor is made of many muscles. It closes the low part of the pelvis. In other words, in sitting position we are sitting on it. Pelvis floor contraction helps to close the openings of urethra, vagina and anus. Naturally the pelvic floor becomes weaker after birth, when getting older and after catheterisation. This condition is called incontinence. Sometimes it can happen when coughing, laughing or jumping. Active pelvic floor training is helpful in all these cases. Once learned it can be done at home and everywhere.

### Step 1: relax yourself

Lie comfortably on your back. Allow yourself to relax, to feel free and enjoy this quiet moment with yourself.



### Step 2: feel

Bend your legs. Feel your body sensation and observe the movement of your belly when you are breathing. Just observe. Don't change anything at this point. Allow yourself to listen to your body.



### Step 3: move your pelvis and breathe

Now you can start with the movement of your pelvis. While you breathe in you enlarge the space between the lumbar spine and the floor. While you breathe out, move your lumbar spine towards the floor so that you feel the contact with the floor. There is no space anymore between the spine and the floor. Breathe gently and let this movement flow. Don't hurry and don't force. Enjoy this movement and practice until it gets smooth.

### Step 4: move, breathe and contract your pelvic floor

Go on with your pelvis movement as you learned in step 3. Each time when you exhale and your lumbar spine touches the floor, contract your pelvic floor. Contract the pelvic floor means: close the openings of the urethra, the vagina and the anus for women, the urethra and the anus for men. Maybe the following imagination can help you. Do as if you should go to the toilet, but for one or another reason you cannot go. You are obliged to withhold. Help yourself imagining to pull the pelvic floor inside up into your belly. Keep the contraction while you breathe out and let it go when you start to breathe in. Step 4 is challenging. Take time to practice and you will see that you will succeed.

### How long should I do the exercise?

Exercise daily. Spend for the whole training at least 10 minutes and repeat the movement of step 3 and 4 at least 20 times. As a beginner keep training at least 30 days. Once you become an expert you can do it less frequently. We suggest you to make it part of your personal routine and even if you don't practice it regularly, don't abandon it completely. As an expert you can allow yourself to do step 4, in sitting and standing position, during your daily activities.

### When does pelvic floor training help?

In all common conditions of urine, stool or stress incontinence. Mainly after delivery, after severe cystitis, after catheterisation and in old age.

### Can pelvic floor training help men too?

Certainly yes. Even men get stress incontinence and after 60 it's quite common by nature. Pelvic floor training is most helpful for men.

### Who can I contact when I have troubles or when I'm in doubt?

Contact your teacher or the physiotherapist in the local district hospital. Probably the nurse in your health centre or your doctor can be helpful.