

Pelvic floor gymnastics

Actively combat incontinence

Many women suffer from stress incontinence. This means involuntary urination in small quantities when there is a sudden increase in pressure in the abdominal cavity. This happens when sneezing, coughing, laughing, climbing stairs or lifting loads, spontaneously while standing or lying down. Stress incontinence is a type of incontinence that can be relieved by strong training of the pelvic floor. In this regard, the following training instructions are provided.



Basic exercise

Lie on your back on a very flat surface and put both legs up. Take a deep breath. As you exhale gradually, slowly round your back a little, make your bottom very hard and close all openings: Anus, vagina, urethra. Above all, emphasize closing the vagina and try to pull it a little into your stomach. The more air you have exhaled, the stronger the tension should become.

If you inhale again now, let go of all the tension slowly, and become wide at the bottom. With the beginning of the exhalation the exercise starts again with tensioning.

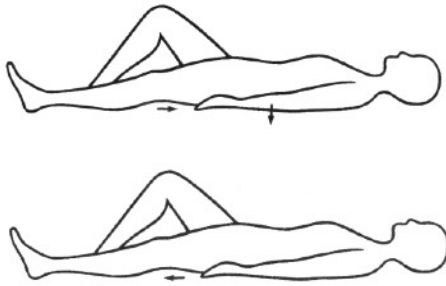
Breathing is the same for all exercises: Inhale through the nose - exhale through the slightly closed lips.

Exercise 1

You are lying again on your back with your knees up. Your feet are close to each other, but your knees are wide open. While exhaling, make your back slightly round, your bottom very hard again, close all openings. Also your knees close slowly. When they touch, squeeze them together, but only enough to close your openings better.

As you inhale, slowly release the tension, open your knees and become wide at the bottom.





Exercise 2

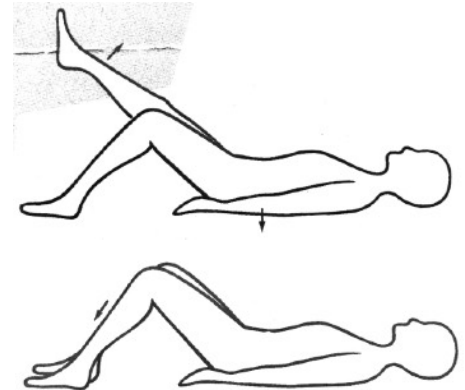
You're lying on your back. You put one leg up, the other remains stretched. As you exhale slowly, make your back slightly round, your bottom very hard, close all openings and pull your stretched leg, as well as your vagina, slightly into your stomach without lifting it and without losing the tension between your legs

As you inhale, release all the tension slowly and push your leg back a little

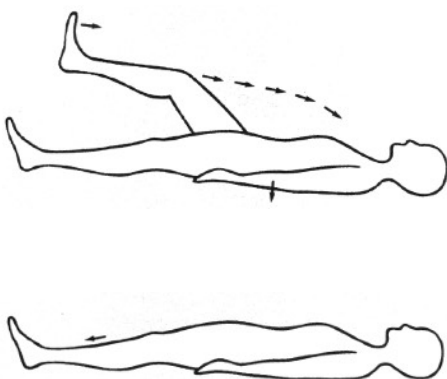
Exercise 3

You lie on your back with your legs up as in the basic exercise. As you exhale, make your back a little round, your bottom very hard and close all openings. Then stretch one knee and hold the leg in the air until you have exhaled completely. Take good care that all openings remain well closed.

Only when inhaling do you slowly release the tension and place the leg next to the other again. Attention, do not push yourself away from the upright leg when you stretch your knee with the other.



Variants: in the exercises 2 - 4 also change the leg. The basic exercise as well as exercises 2 - 4 can also be performed in a sideways position. The basic exercise can also be done while sitting or standing.



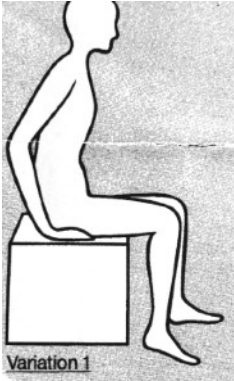
Exercise 4

Lie on your back with your legs outstretched. As you exhale slowly, make your back slightly round, your bottom very hard, close all openings. Hold this tension well and as you continue to exhale, pull up the toes of one leg, bend the knee and move it towards the opposite shoulder.

As you inhale, slowly release tension and return to your starting position.

Exercise 5

This exercise is suitable when freedom of mobility is restricted.

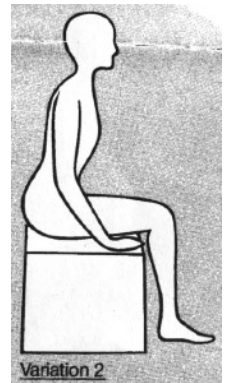


Variation 1

Sit on a stool, slightly sunk down, so that the pressure is on the back part of the pelvic floor. Try to tie the anus region together and hold out for 10-15 seconds.

Variation 2

Now sit slightly forward so that the pressure is on the front part of the pelvic floor. Tighten as much as you can and keep the tension as long as possible.



Variation 3

Repeat this exercise in a riding position with a firm cushion roll on the stool. The cushion roll helps to have a stronger tension.



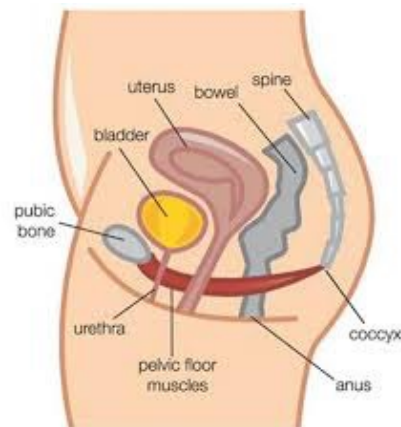
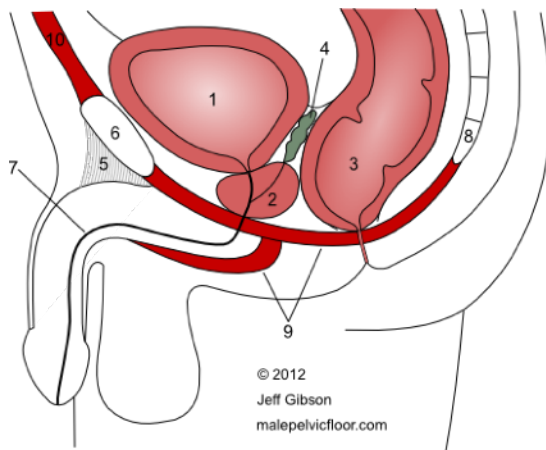
Important for all variations is that the muscle contraction is of the highest possible strength.

A little bit of anatomy

Overview

The pelvic "floor" is an appropriate name. It is situated at the bottom of the pelvis, lies in a roughly horizontal orientation, and closes off the opening that would otherwise allow the pelvic and abdominal contents above it to fall through. It is unique in that it is the only horizontal load-bearing muscle group in the body.

Its boundaries are the pubic bone in the front (just above the genitals), the coccyx (tail bone) and sacrum in the back, and the ischial tuberosities on each side - the two bones you sit on. It has two openings in men: one to allow the urethra to pass through on its way from the bladder to the penis and the other at the anus. A useful way to visualize these muscles is to think of them as a hammock, sling, or a shallow bowl. The perineum is a specific part of the pelvic floor and is situated between the anus and genitals.



Cross section through the midline showing the organs above the pelvic floor muscles

Organs

1. Bladder
2. Prostate, female anatomy picture on right side
3. Rectum
4. Seminal Vesicles

Other structures

5. Suspensory ligament (anchors the penis to the pubic bone)
6. Pubic bone
7. Urethra
8. Coccyx (tail bone)
9. Pelvic floor muscles (schematic)
10. Abdominal muscles above the pubic bone