



Pelvic floor exercises



Do you know exactly where your pelvic floor is and what it does? Have you ever given Kegel's a try? If the answer to both of these is "no" then you came to the right place. We've got everything you need to know right here!

What is the pelvic floor?

The pelvic floor consists of your pelvic floor muscles. They are a supportive sling of muscles, stretching from your tailbone at the back to your pubic bone at the front. If your pelvic floor is weak, this means that your internal organs aren't fully supported which can lead to bladder and bowel problems.

How does my pelvic floor get weak?

There are multiple reasons why your pelvic floor can become weak. These include:

- Childbirth
- Being overweight
- A lack of general fitness
- Straining to empty your bowels
- A chronic cough
- Getting older

Please bear in mind that these aren't all the reasons why your pelvic floor can become weak and your specific problem might be caused by something completely different!

What are possible symptoms of a weak pelvic floor?

- Stress incontinence (e.g. leaking when you cough or exercise)
- Urge incontinence (when you struggle to get to the toilet in time)
- Poor bowel control
- General discomfort in your pelvic area

How to do pelvic floor exercises

Anyone can do pelvic floor exercises and everybody doing them will benefit from it. And the best thing is that you can do them absolutely anywhere, in any position and no one will notice.

Step by step guide

1. Slow pelvic floor contractions: Squeeze the muscles you would use to stop passing wind and urine at the same time.
2. Try holding the squeeze as long and hard as you can. A good guideline is to aim for a maximum of 10 seconds. Don't worry if you can't manage that to begin with! You can start at 5 and work your way up.
3. Once you've let go, rest for the same amount of time you have held the squeeze for. Then repeat the exercise as many times as you can. Try to work up to 10 repeats!
4. Quick pelvic floor contractions: Squeeze the muscles quickly and hard and let go immediately. This will help you with sudden stresses like coughing or laughing in the future.
5. Repeat these quick squeezes as many times as you can. Again, aim for a maximum of 10!
6. Aim to do one set of slow contractions and one set of quick contractions 2 to 3 times per day.

Pelvic floor exercises for men

There's a common misconception that pelvic floor exercises are only something women should do. Spoiler alert: That's not true! Men can absolutely benefit from them too. It can help to improve the symptoms of incontinence and also improve the quality of erections.

Are you not sure whether you're exercising the correct muscle? Try practicing naked in front of a mirror. We know, sounds super weird but it will help. Promise! So, when you're standing in front of your mirror, squeeze the muscles as if you were trying to stop peeing and passing wind at the same time. You should see a slight lift at the base of your penis and scrotum. Can you see that lift? Congratulations, you're doing it just right!

How often should I exercise my pelvic floor muscles if they are weak?

Try exercising your pelvic floor muscles about 2 to 3 times per day. As with every other muscle in your body, your pelvic floor will get tired if you exercise it too hard which can lead to your symptoms getting worse as the day goes on. Does this mean that you should stop exercising completely? No, not at all! Just make sure you're sensible about the amount of exercise you do at once.

How many exercises should I do at once?

Generally, it is advised to aim for 10 repeats of slow contractions, followed by 10 repeats of quick contractions every time you do your exercises. When you're exercising, make sure that you don't draw your belly in, press your legs together, or tighten your buttocks. And most importantly, keep breathing!

If you are concerned about your pelvic floor muscles or your pelvic floor exercises in any way, please speak to your specialist nurse or doctor about it. Alternatively, if you're unsure who to talk to, feel free to give your lovely Customer Care team a ring. They'll be able to point you in the right direction!



How to get in touch

If you have any further questions or just want a little chat, our lovely Customer Care team is here for you.

Opening hours:

Monday – Friday: 8am to 8pm

Saturday: 8am to 1pm

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