

Pelvic Floor Exercises

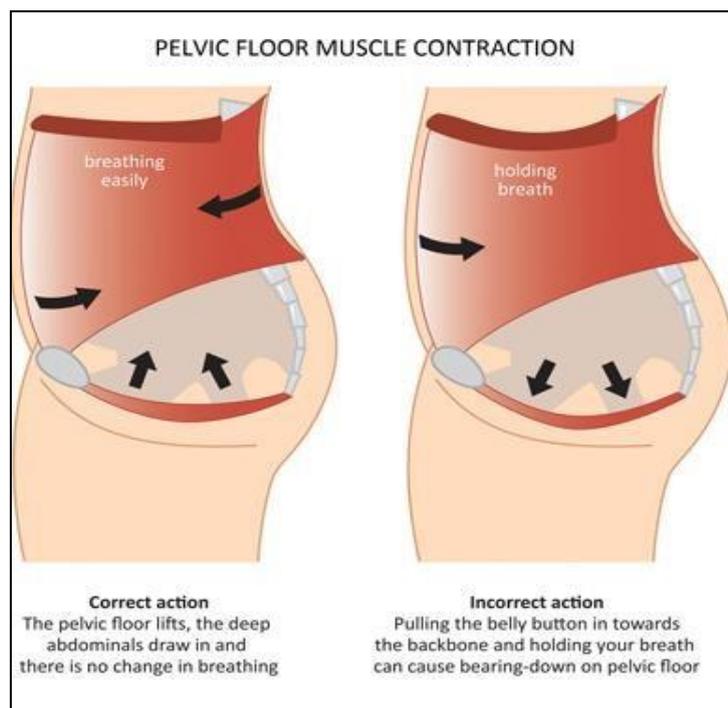
Pelvic floor exercises are intended to strengthen the muscles around your bladder, vagina, penis and back passage. When combined with core strengthening exercises, they work better in prevention and control of incontinence, treat different forms of prolapses, make intercourse better, etc.

Both men and women can benefit from doing pelvic floor exercises.

You can feel your pelvic floor muscles if you try to stop the flow of urine when you go to the toilet. It is however not recommended that you regularly stop your flow of urine midstream as it can be harmful to the bladder.

Remember!! Pelvic floor muscles are fatigue prone hence doing a graduated and tailored exercise regime is key to achieving the desired outcome. You will need to seek advice from your doctor or nurse about your symptoms ideally before starting with the exercises. They will also be able to advise you on need for referral to specialised women's health physiotherapy review regarding exercise planning and prescription.

Musculoskeletal physiotherapist will be able to guide you on generic exercises to help with your symptoms but for expert opinion, always seek advice from your doctor or your gynaecologist where applicable.



Exercise considerations:

- If any exercise worsens your symptoms, stop that exercise and seek advice from your physiotherapist/ doctor.
- You will be advised further regarding the considerations for progression of your exercise regime by your physiotherapist.