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Special interest in Pelvic Function

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Pelvic Floor Muscle Contract and Relax for the Women

Tighten the muscle around the back passage, vagina and front passage and lift up inside - as if trying to stop passing wind and urine at the same time. The feeling should be of drawing forwards and inwards.

Then let go; melt outwards and backwards.

It is very difficult not to use other muscles as well; try not to clench the buttocks, squeeze the knees together or pull the abdominal muscles in.

It is, of course, essential that you are able to BREATHE throughout all this; try not to hold the breath but to tighten the muscles *at the end* of a breath out.

If you're doing it correctly no one should be able to see any movement just by looking at you!

Everybody differs in the length of time for which they can squeeze, and in how many squeezes they can do before the muscle gets too tired to be effective.

There are 3 main 'types' of PFM contractions:

- strong slow squeezes
- fast squeezes
- gentle long holds

1. Strong Slow Squeezes (70-80% effort)

Tighten your pelvic floor, and hold the contraction.

Practice: _____ repetitions _____ seconds _____ times a day

As your muscle gets stronger and fitter, your starting block will change. Progress slowly until you can do 10 repetitions and hold each squeeze for 10 seconds.

2. Fast Squeezes (90-100% effort)

It is also important to be able to work these muscles very quickly, so that they can jump in and protect you when you cough or sneeze. Try to tighten the muscles and let go immediately; no hold.

Practice _____ fast contractions _____ times a day.

3. Gentle Long Holds (20-50% effort)

It is also to your benefit to try and hold a pelvic floor contraction (not as hard as you can, but hard enough to be 'aware of') for longer periods of time.

Try and hold at less than 20-50% of your 'maximum' for 20 seconds and upwards.

If you get really good, try and do it whilst doing other things – activities of daily living....