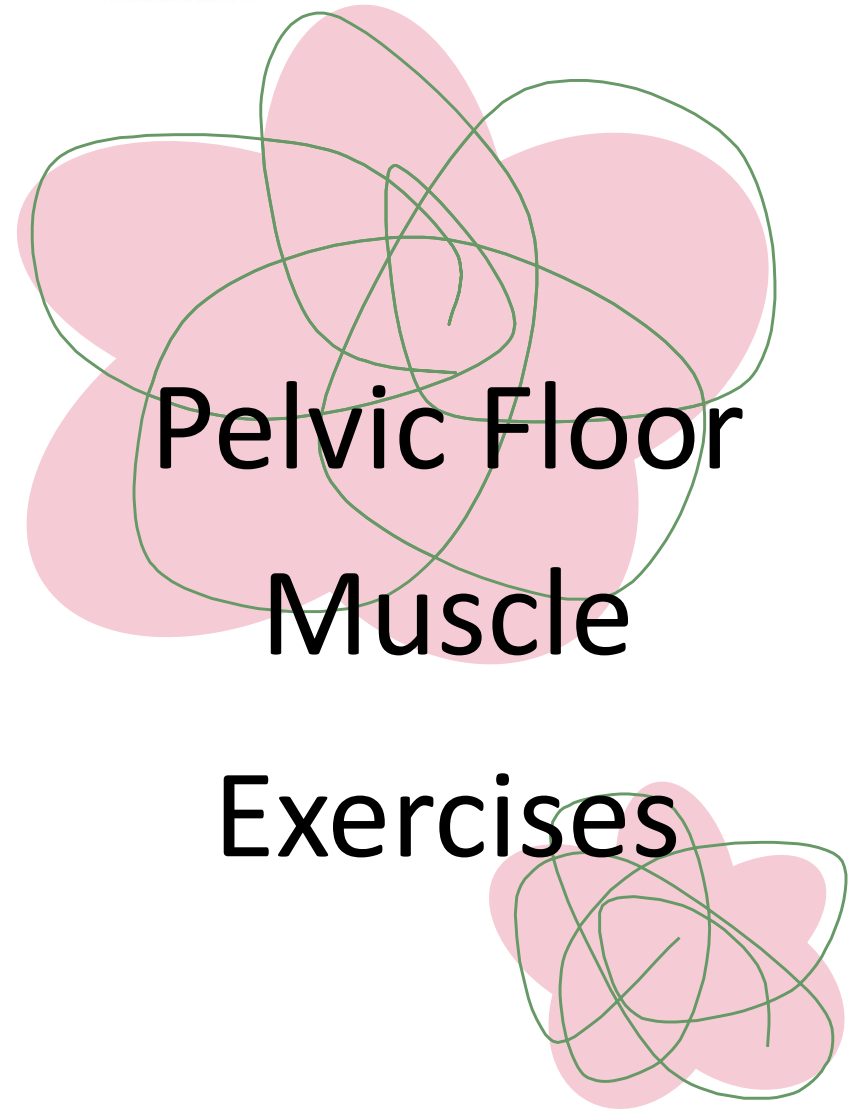


When you are doing the exercise:

- Do not hold your breath. Breathe normally
- Do not do this exercise while passing urine
- Relax your tummy, buttocks and thigh muscles
- You should feel your pelvic floor muscles squeezing and lifting up as you exercise

Tips to prevent stress incontinence:

- Continue these exercises on an on-going basis
- Always tighten your pelvic floor muscles before exertion e.g. coughing, sneezing and lifting
- Keep your weight within the healthy range for your height by exercising regularly e.g. walking or swimming

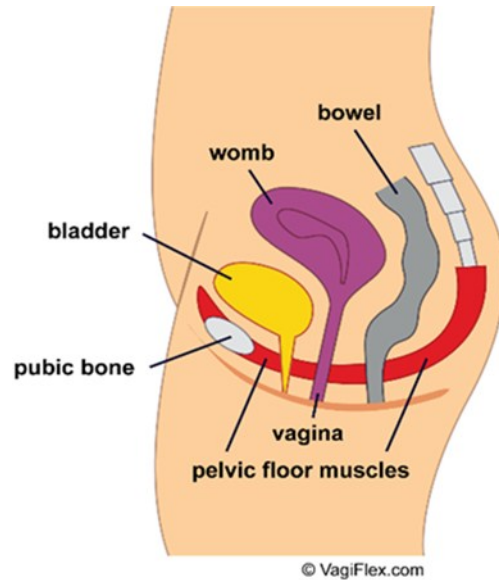


## What are pelvic floor muscles?

They are a sling of muscles that run from the pubic bone at the front to the base of the spine at the back.

### Function:

- 1) Support organs
- 2) Maintain continence
- 3) Improve sexual function



## What are the causes of pelvic floor muscle dysfunction?

- Age
- Pregnancy and delivery
- Obesity

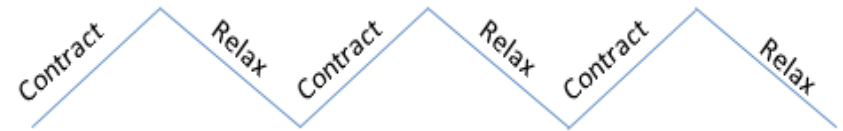
### Potential problems of weak pelvic floor muscles:

- 1) Urinary leakage
- 2) Prolapse (bladder, uterus or bowel protruding into vagina)

## Pelvic floor muscle exercise

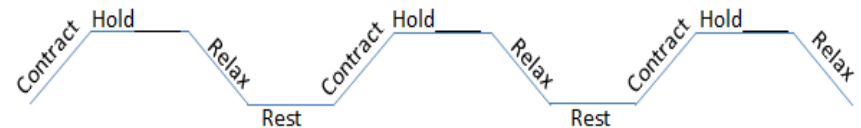
### Exercise 1 (Fast contraction)

Tighten your pelvic floor as hard and as fast as you can, then relax completely. Repeat \_\_\_\_ times.



### Exercise 2 (Slow contraction)

Tighten your pelvic floor gently and hold for \_\_\_\_ seconds then relax completely. Repeat \_\_\_\_ times. Gradually increase the holding time to 10 seconds over a month.



Practice both exercises 6 times daily in different positions.