

Department of Obstetrics and Gynaecology

Female Pelvic Health



Obstetrics and Gynaecology Center
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Opening Hours:

Monday to Friday: 8am to 5pm
Saturday: 8am to 12pm
Closed on Sundays and Public Holidays

General Enquiries: 6222 3322
Appointments: 6321 4377

Reg. No: 198703907Z

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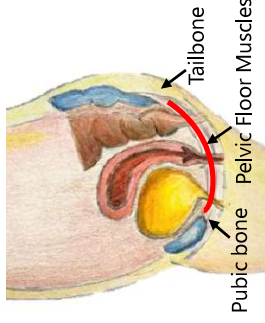


Singapore
General Hospital
SingHealth

What are Pelvic Floor Muscles?

Pelvic floor muscles are a sling of muscles that span from the pubic bone at the front to the tailbone at the back, supporting the urethra, bladder, uterus, and rectum, playing a vital role in controlling the release of urine, stool and gas.

Like any other muscles, they can weaken over time due to factors such as childbirth, surgery, or ageing. Strengthening and maintaining these muscles not only helps to prevent dysfunction but also supports good sexual function.



What are Pelvic Floor Exercises?

Pelvic floor exercises (PFE) involve contracting and relaxing the pelvic floor muscles to strengthen them.

Common Symptoms of Pelvic Floor Dysfunction

Pelvic floor dysfunction can occur at any age, but is particularly common during pregnancy after childbirth, and around menopause. Symptoms may include:

- Urinary incontinence – e.g. Leaking urine when coughing, laughing, sneezing, lifting heavy objects
- Faecal incontinence – Difficulty controlling bowel movements
- Pelvic organ prolapse
- Frequent bladder infections
- Discomfort or pain during sexual activity

How to do Pelvic Floor Exercises (PFE)?

Step One

- Imagine you are trying to stop passing wind. Feel the muscles around the anus and try to lift the muscles upwards.
- Imagine you are trying to stop urinating in mid-stream. You can try this method initially to identify the correct muscles.
- Once you have identified the correct muscles, carry out these pelvic floor exercises when you are not passing urine.

Step Two

Fast Contraction

- Tighten your pelvic floor muscles
- Hold for 1 second before releasing the muscles completely
- Aim for a strong and consistent contraction with each repetition



Slow Contraction

- Tighten your pelvic floor muscles
- Hold for 2 seconds, then relax completely
- Relax for the same duration in between each contraction
- Repeat the contraction as many times as you can



Step Three

- Perform 10 fast and 10 slow contractions, 3 times a day for at least 12 weeks.
- Try to hold the contractions harder and longer over time up to 10 seconds
- Practise the self-bracing method: Tighten your pelvic floor muscles before each cough, laugh, sneeze and lifting.

When doing the exercises:

- Breathe normally. Do not hold your breath.
- Do not do this exercise while passing urine
- Relax your tummy, buttocks, thigh muscles

Pelvic floor exercises require consistent effort, and the benefits will become noticeable over time.

It is recommended to continue the exercise for at least four months after delivery to achieve best results.

Frequently Asked Questions

1. When should I do the Pelvic Floor Exercise? How should I set my position during the exercise?

You can do the exercises in any position and any time of the day!

2. How do I know I have done correctly? Where can I get help?

If you are unsure whether you are performing the pelvic floor exercises correctly or would like to learn more about female pelvic health, please reach out to your Obstetrician. They can refer you to our Pelvic Health Physiotherapists, who will access your pelvic health and provide real-time feedback.

Our dedicated healthcare professionals are here to guide you, ensuring you gain the maximum benefits from your pelvic floor exercises.

3. Where are the Pelvic Health Physiotherapists located and what services do they provide?

Pelvic Health Physiotherapy services are located at Outram Community Hospital/Singhealth Tower Level 4 Rehabilitation Centre. Apart from pelvic floor exercises, some of the other services provided include:

- One-to-one sessions of Antenatal and Postnatal Education via one-to-one sessions
- Continence Management
- Prolapse Organ Prolapse management
- Joint Postnatal Assessment Clinic

4. How to engage help from Pelvic Health Physiotherapists?

Please inform your O&G doctor if you have concerns on your Pelvic Floor Health or wish to learn Pelvic Floor Exercise.

