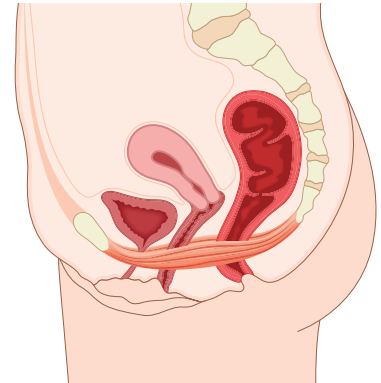


## **Pelvic floor Exercises after Birth**

Pelvic floor exercises are a big part of rehabilitation after having a baby. It is important to commence these exercises as soon as you feel ready to. Pelvic floor exercises after birth will help you regain your muscle strength, endurance and to help prevent and/or treat pelvic floor issues such as prolapse and incontinence.



### **What is the Pelvic Floor?**

The pelvic floor is a group of muscles and ligaments that are about as thick as the palm of your hand and they create the “floor” of your pelvic attaching from your pubic bone at the front to your coccyx bone at the back.

### **What does the Pelvic Floor do?**

The pelvic floor helps to maintain control of your poo and wee, they also help to support your pelvic organs (bladder, bowel and uterus), helping to prevent them falling down into your vagina (prolapse). The pelvic floor also helps your sexual function, contributing to orgasm and arousal.

### **How to contract your Pelvic Floor Muscles?**

These muscles are hidden inside our body and it can be very hard to know if we are actually contracting the muscles the right way. A lot of women actually perform the wrong movement which results in straining and pushing down of the muscles.

To contract your muscles the right way I suggest the following:

- Sitting down on a chair, feet and back well supported
- Let your belly relax
- Palms facing up
- Now imagine that you are trying to stop your wee, squeeze and lift your pelvic floor muscles
- If the muscles are being squeezed the right way, you should feel a very small movement of your vagina lifting up from the chair
- Try and hold for 2-3 seconds and then relax the muscles
- As you relax the muscles you should feel your vagina drop into the chair
- Repeat this 10 times

### **Other cues for contracting your pelvic floor muscles**

- Imagine holding in wind
- Imagine drawing a tampon up your vagina
- Remember to not hold your breath, avoid clenching your inner thighs, jaw and buttock area