

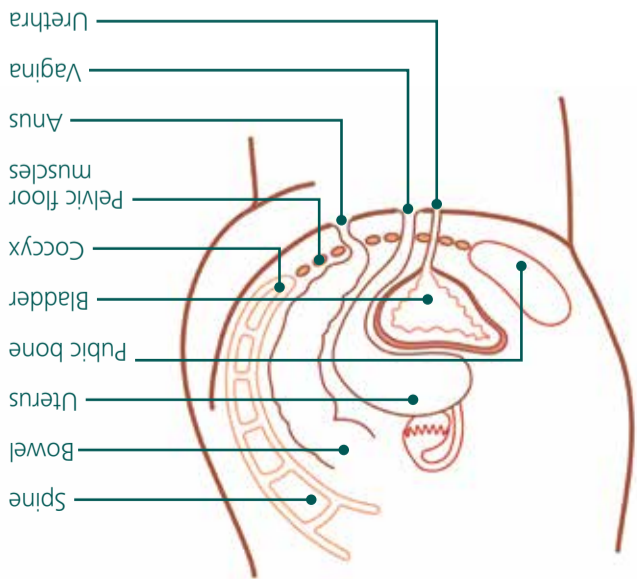
Activating your pelvic floor – the importance of breathing

When doing any pelvic floor exercise, you need to do something called diaphragmatic breathing. This simply means taking deep breaths into the lumbar region (the area between the pelvis and chest). This technique activates the diaphragm, which in turn engages the pelvic floor muscles. Don't hold your breath during the exercises. Keep breathing freely, inhaling through the nose and exhaling through a slightly opened mouth. At the end of each repetition always relax for twice as long as you have held the active position.



Once you feel the initial urge to urinate, it is important to know that the urge to urinate actually never lasts longer than 5 minutes. If you endure these five minutes, you have won! You should not go to the toilet during the strongest urges to urinate, as the movement and breathing hard whilst running increase the pressure on the bladder. Instead, sit down or stand still for those 5 minutes. If you can, bend forward briefly as if you wanted to the your shoelaces. This often releases the urge to urinate immediately. Tighten your pelvic floor as much as you can to avoid any leakage. When the urge to urinate has passed, go to the toilet slowly and keep the pelvic floor closed by tensing it up.

Tips for controlling the urge to urinate



About your pelvic floor muscles

The pelvic floor muscles are shaped like a shallow bowl and are attached to the pelvis between the bone at the lower part of the tummy (pubic bone) to the base of the spine (coccyx), see diagram. There are three openings in the pelvic floor, one for the urethra which carries urine from the bladder, one for the vagina (birth canal) and one through which the bowel empties (anus).

- ▶ Support the bladder where urine is stored, the uterus (womb), and the bowel
- ▶ Assist normal bladder and bowel function and prevent leakage (incontinence)
- ▶ Contribute to sexual function

Pelvic floor exercises help to reduce episodes of incontinence, it is therefore recommended to do them routinely. You will need to learn, and regularly carry out, your pelvic floor muscle training programme. To begin, choose a quiet time and place, so you can concentrate on learning the exercises correctly. Exercise in a well-ventilated room. Use a mat and wear suitable, loose clothing. Do not eat for at least an hour beforehand. Empty your bladder first. Repeat each exercise 3 to 5 times. Hold the position for the duration instructed. Every exercise has a starting position and an active position. Depending on your general condition, hold the active position for 3, 5, 7 seconds. After some practice, you will be able to hold the active position for longer. Exercise should never cause pain. Remember, it is not about the quantity, but the quality of the practice. To see a change, you must exercise regularly. Finally, please ensure that you follow any advice, recommendations and treatment plan discussed with your Specialist or GP. Pelvic floor exercises are not a replacement for regular check ups, but they can make a real difference.

How to strengthen your pelvic floor muscles

Incontinence

HARTMANN

Pelvic floor exercises

for women



Order your MoliCare® samples at www.hartmanndirect.co.uk



MoliCare®
Protection. Every day.

HARTMANN

Going further for health

HARTMANN UK & Ireland +44 (0) 1706 363200
Email: info@uk.hartmann.info
www.hartmann.co.uk
www.hartmanndirect.co.uk

Never miss an update from HARTMANN UK!
Join www.hartmannmarketing.com online now

f HARTMANN Direct

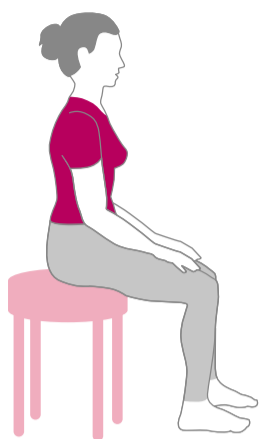
©2020 Paul Hartmann Limited.
® represents a trademark of Paul Hartmann Limited, a company registered in England and Wales (company number 01523121) CM-00049/20-GB

The following exercises can be done individually - choose the position that is most comfortable for you

#01

Breathing

Sit upright on a stool or chair.

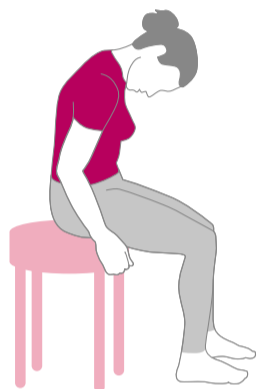


- ▶ Shift your weight forward towards the vagina
- ▶ Exhale slowly and tense the muscles of the pelvic floor.
- ▶ Start counting. If you get to 10, that's very good. 15 would be excellent!

#02

Chair exercise

Sit comfortably in a relaxed position.



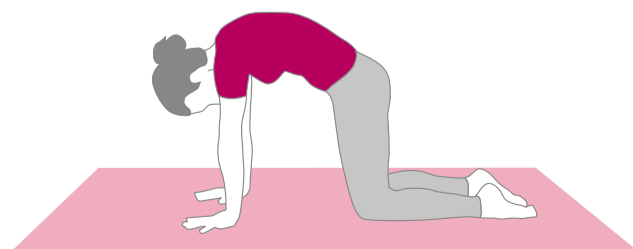
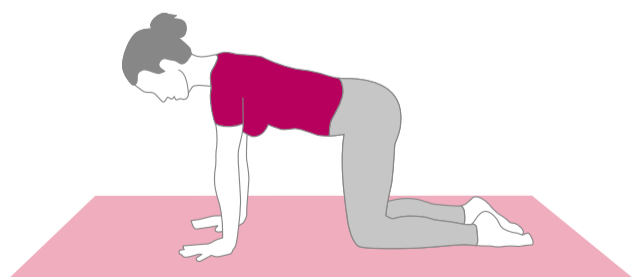
- ▶ Make a round back while pushing the pelvis forward.
- ▶ Exhale slowly and squeeze the pelvic floor tightly.
- ▶ Keep the tension as long as you can counting to 10.
- ▶ Breathe in and release the tension.

#07

Cat pose

Get on all fours: The knees are below the hip with the back of the feet on the mat. The hands are below the shoulders and the elbows are slightly bent. The head extends straight from the spine.

- ▶ Breathe in and form a slightly hollow back – the pelvic floor is relaxed.
- ▶ Exhale and get into cat pose with a bulged back – the pelvic floor tenses.

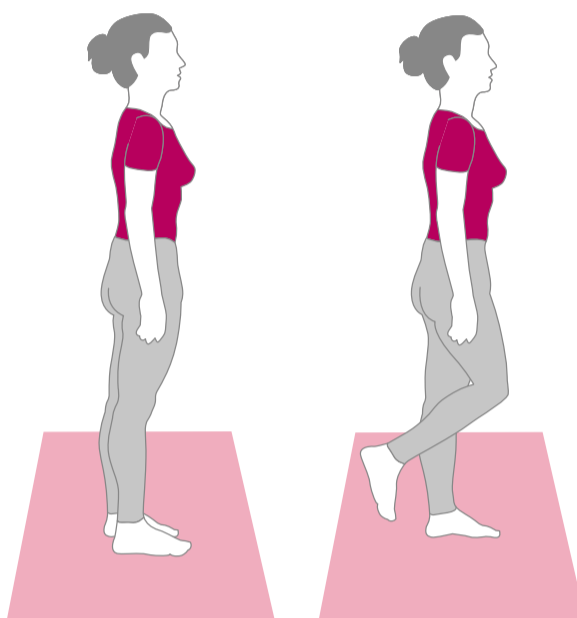


#03

Walking on the spot

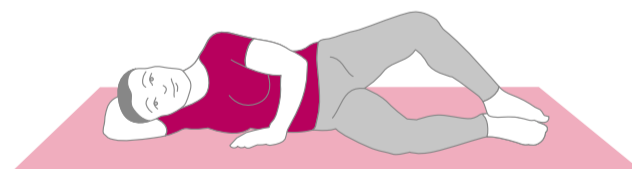
Stand upright. With legs hip-width apart, the feet must have firm contact with the floor.

- ▶ The knees are lightly bent. The pelvis is slightly tilted with the upper body upright.
- ▶ Squeeze the pelvic floor and stomach while breathing out consciously. The lower abdomen contracts, the pelvic floor closes.
- ▶ Now keep the pelvic floor tense and walk on the spot. Keep going, mindful of maintaining the pelvic floor tight.



Pelvic floor exercises for women

MoliCare®
Protection. Every day.

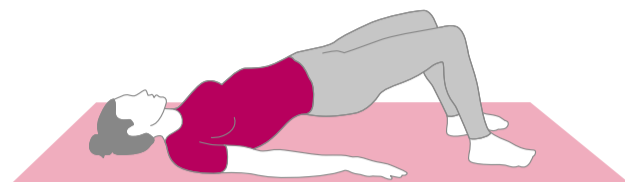
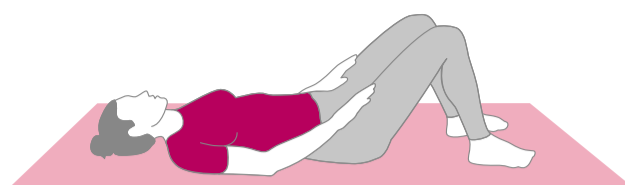


#06

Diamond

Turn to your side with feet on top of each other and legs slightly bent.

- ▶ Rest the lower arm under the head, the upper hand is placed in front of the sternum (breastbone). The pelvis is slightly tilted forward.
- ▶ As you exhale, firmly press your heels together and lift the upper knee to form a diamond shape - the pelvic floor closes. Elongate your back lifting the sternum, keeping the neck long.
- ▶ Close your knees as you inhale.



#04

Bridge

Lie flat on your back and put feet hip-width apart.

- ▶ Tighten your buttocks tightly and gradually lift your back off the floor. Exhale slowly so your diaphragm rises.
- ▶ This movement combines a workout for both the abdominal and back muscles and as a result the pelvic floor muscles tighten.
- ▶ While inhaling, lower your buttocks to the floor and release the tension of the pelvic floor.

#05

One-legged bridge

Maintain the same position as in exercise 4, with the same squeeze of the pelvic floor while breathing evenly.

- ▶ Lift feet alternately off the floor.
- ▶ Make sure the pelvis stays in a horizontal position.

