



# Pelvic floor health - Top Tips

Strong at the core, ready for more.

Small lifestyle changes & targeted strengthening can help.



## Bladder control & continence:

- The bladder stores urine & when full (350-500mls), we feel a strong urge to pee.
- Many factors can affect control - common symptoms are leakage, increased urgency or frequency, incomplete emptying & urinary tract infections.

## Things to try:

- Reduce intake of caffeine, alcohol, fizzy drinks, spicy foods & citrus drinks (juices) which can irritate the bladder.
- Avoid peeing 'just in case'. Aim to pee every 1.5-2hrs - increase time gap as able.
- Drink fluids early, stop ~2hrs before bed.
- Maintain a regular bowel routine (fluid, fibre & physical activity can help). \*Your individual nutritional care plan will help guide you\*.
- Monitor medications that impact control.
- Stop smoking, manage respiratory conditions to help settle coughing.

## Pelvic floor muscle training:

- The pelvic floor is a muscular hammock, connecting the pubic, tail & sit bones.
- Slow twitch muscle fibres provide support and fast twitch fibres help prevent leakage.
- **Position:** Try lying with knees bent or sitting and breathe in/out (hands on tummy).
- **Action:** Try to 'lift your back passage up and forwards towards your water passage'. **Breathe and hold the contraction before releasing.**
- **Aim for:** Slow 10secs x 10 reps, Fast: 10 reps, **3 times/day x 3 to 4 months**
- Try in different positions & activities
- Follow this link to practice along & access more resources.
- Using reminders can help.
- Here are 2 free apps:  
Easy Kegel – Pelvic Floor  
Kegel Trainer - Exercises  
(\*basic version)

