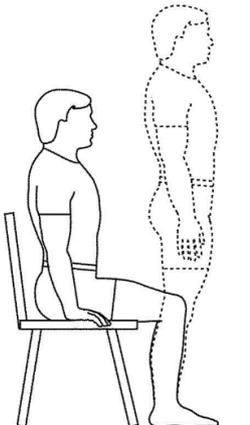


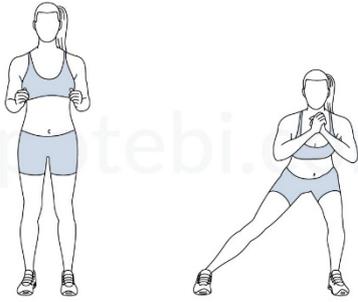
Functional Pelvic Floor Muscle (PFM) Exercises

Author: Karen Whitehouse, Clinical Specialist
Physiotherapist (Pelvic Health)



James Paget
University Hospitals
NHS Foundation Trust

 <p>©PhysioTools Ltd</p>	<p>Starting position: SITTING</p> <p>Contract PFM gently, holding for 5 seconds whilst breathing. Release. Repeat x 5</p> <p>Contract PFM more strongly, hold only briefly, release. Repeat x 5</p>
	<p>Starting position: SITTING</p> <p>Contract your PFM strongly, maintain this contraction whilst you move in to standing. Use hands to assist movement if required. Release</p> <p>Repeat this PFM contraction whilst you sit down again</p> <p>Repeat x 5</p>
	<p>Starting position: STANDING</p> <p>Contract PFM gently, holding for 5 seconds whilst breathing. Release. Repeat x 5</p> <p>Contract PFM more strongly, hold only briefly, release. Repeat x 5</p>



Starting position: STANDING

Contract your PFM. Step one leg to the right, then back to the middle. Release the PFM contraction

Repeat similarly to the other side, then forwards, then backwards

Repeat for each direction x 5



Starting position: STANDING

Contract your PFM gently

Maintain this contraction whilst walking forwards for 10 paces

Release contraction, then repeat x 5

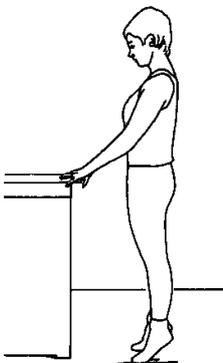


Starting position: STANDING

Use a support in front of you if required

Contract your PFM. Bend your knees to do a short squat (not too low), then back up. Release PFM contraction

Repeat x 5

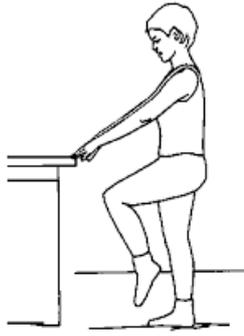
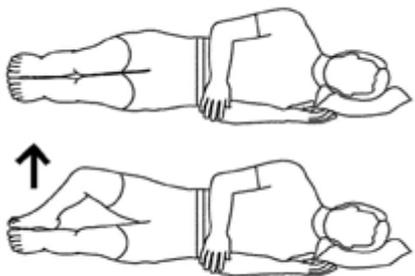
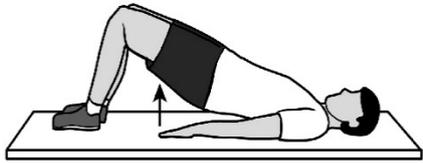


Starting position: STANDING

Use a support in front of you if required

Contract your PFM. Rise up on to your toes, then come back down. Release PFM contraction

Repeat x 10

	<p>Starting position: STANDING</p> <p>Use a support in front of you if required</p> <p>Contract your PFM. Stand on one leg for 5 seconds. Rest and release PFM contraction</p> <p>Repeat on other leg</p> <p>3-5 x each leg</p>
	<p>Starting position: LYING ON SIDE</p> <p>Start with knees and hips flexed, feet together</p> <p>Contract PFM. Lift upper knee upwards without letting your pelvis roll backwards. Keep your feet together. Hold 5 seconds, return to starting position and release PFM contraction</p> <p>Repeat x 5 each side</p>
	<p>Starting position: LYING ON BACK</p> <p>Start with knees flexed and feet flat on floor</p> <p>Contract PFM, squeeze buttocks and lift your bottom off the floor. Hold 5 seconds, then return to starting position. Release PFM contraction</p> <p>Repeat x 10</p>

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/ department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

TRUST VALUES: We CARE for...
our patients... each other... ourselves

BEHAVIOURS:

- Courtesy and respect
- Attentively kind and helpful
- Responsive communication
- Effective and professional

#Proud of the Paget

IN TRAN communication for all The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240