

PELVIC  
FLOOR EXERCISES



Pelvic floor exercises keep you fit inside. They are essential if you have had, or plan to have, a baby, and help prevent and treat stress incontinence. They can improve your general health and even your love life!

# pelvic floor exercises

This exercise sheet is a simple pelvic floor exercise routine developed by top physiotherapist, Julia Herbert. Follow it, fill in the diary on the other side of this exercise card, and after six weeks you should notice just how much stronger your pelvic floor muscles are.

If you have any queries on pelvic floor exercise, why not ring the FREEPHONE Aquaflex helpline on 0800 614086.

### Locating the right muscles

Just imagine you are on the toilet having a wee. Picture yourself stopping your wee midstream. You are using your pelvic floor muscles.

**If you are using Aquaflex, just insert it. The correct muscles will be automatically identified and exercised.**

### Exercising for stamina - slow exercises

sit stand or lie with your knees slightly apart  
slowly tighten and pull up your pelvic floor muscles.  
hold them tight for as long as you can (at least 2 seconds, aiming for 10)  
now relax (for at least 4 seconds)  
repeat this until you feel tired (aiming for 10 times)

### Exercising for strength - fast exercises

sit stand or lie with your knees slightly apart  
quickly tighten and pull up your pelvic floor as strongly as you can  
let go straight away  
now relax  
repeat this until you feel tired (aiming for 10 times)

**Once you have worked out the number of slow and fast exercise you can do, repeat these at least 8 times a day**



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..... COMPLETE CONFIDENCE .....

# pelvic floor exercise log

Keep an accurate record of your pelvic floor exercises by ticking them off IN FELT TIP PEN on this handy wipe-clean chart. Remember, to improve the strength of your pelvic floor you should aim for eight sets a day.

If you are using Aquaflex, you only need to exercise once a day. You can keep a record of the weight you use and how long you hold it for, and watch your muscle strength improve. For example:

	number of sets								AQUAFLEX	
	weight	time								
Monday	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	10g	2mins

	number of sets								AQUAFLEX	
	weight	time								
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Tuesday										
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