

Pelvic Floor Exercise Sheet and Information

Your pelvic floor muscles may feel different following pregnancy and birth. Gentle pelvic floor exercises can help you reconnect with these muscles and gradually improve their strength and control.

Take your time. There is no rush. If you have recently given birth, had surgery, or have pain or other concerns, speak with your healthcare professional before starting.

1. Find your pelvic floor

Imagine you are gently trying to stop yourself from passing urine and wind at the same time.

You should feel a gentle **squeeze and lift** around the vagina and back passage.

Try not to:

- Hold your breath
- Tighten your tummy, bottom or thighs
- Bear down or push downwards

Important: Do not regularly practise stopping your urine flow while you are passing urine.

2. Slow squeezes

Get comfortable, sitting or lying down.

1. Gently squeeze and lift your pelvic floor.
2. Hold for **3-5 seconds**, if comfortable.
3. Completely relax the muscles for the same amount of time.
4. Repeat **5 times**.

As this becomes easier, gradually build towards **10 repetitions**, holding each squeeze for up to 10 seconds.

3. Quick squeezes

Gently squeeze and lift your pelvic floor, then relax straight away.

Repeat **5 times**.

These quick contractions can help your pelvic floor respond when you cough, sneeze, laugh or move.

4. Relax and breathe

Pelvic floor muscles also need to be able to relax.

Take a slow, comfortable breath in and allow your tummy and pelvic floor to soften.

As you breathe out, gently draw your pelvic floor upwards.

Repeat for **5 relaxed breaths**.

A simple routine

Try:

5 slow squeezes + 5 quick squeezes

Do this **once or twice a day**, gradually increasing as it becomes comfortable.

Quality is more important than quantity. Remember to fully relax between each squeeze.

Be gentle with yourself

If exercises cause pain, increase your symptoms, or you are unsure whether you are doing them correctly, stop and speak to your GP, midwife or pelvic health physiotherapist.

You do not need to rush your recovery.

Your body has been through something significant. Give it time, kindness and support.

Information Disclaimer

This information is provided for general educational and wellbeing purposes and is intended to support, not replace, advice from a qualified healthcare professional.

Pelvic floor exercises are not suitable in exactly the same way for everyone. Your recovery may be affected by your pregnancy, birth, type of delivery, surgery, injuries, symptoms and individual circumstances. If you are unsure whether these exercises are appropriate for you, or if you experience pain, worsening symptoms, pelvic heaviness or bulging, urinary or bowel problems, or difficulty contracting or relaxing your pelvic floor, please speak with your GP, midwife or pelvic health physiotherapist.

Do not use this information to diagnose or treat a medical condition, and do not delay seeking professional medical advice because of anything contained within this resource.

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Where links, organisations or external resources are mentioned, please check the original source for the most up-to-date information.