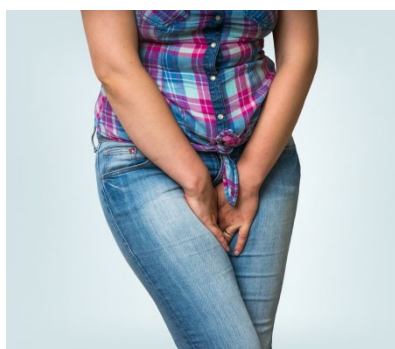# Looking after your pelvic muscles

What are pelvic floor muscles?

These muscles help keep control of wee and poo.

Sometimes the muscles get weak. You may find it hard to hold in wee, wind and/or poo and it can leak out.
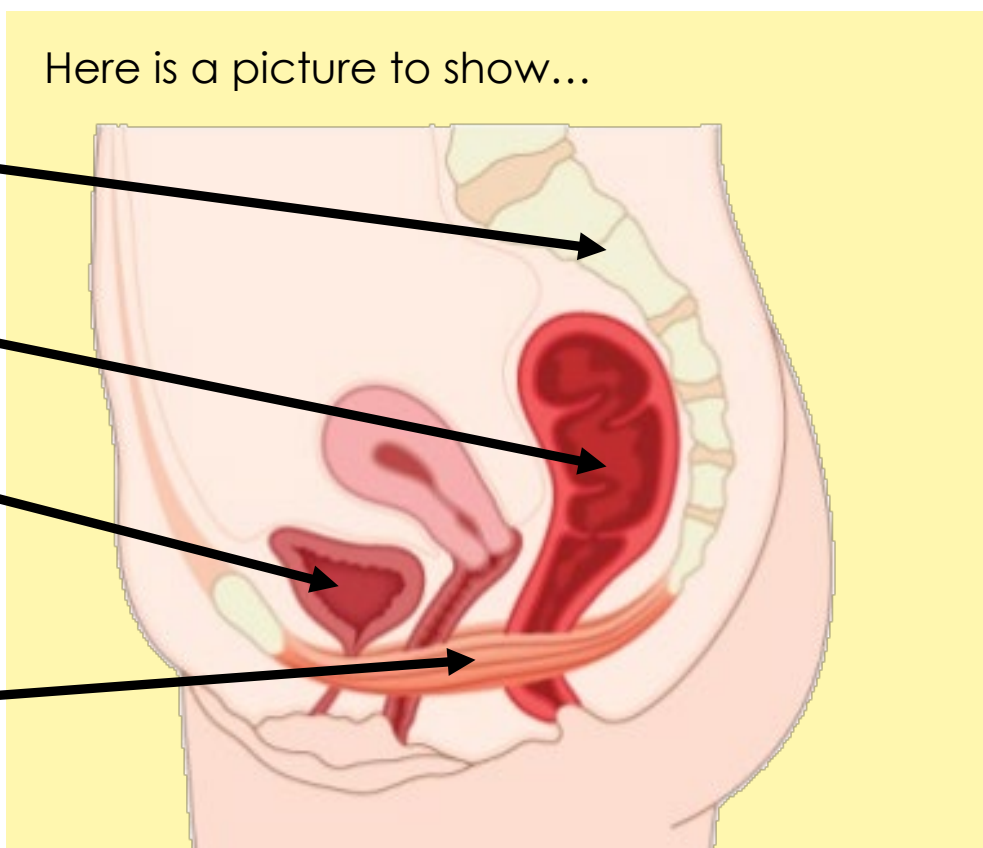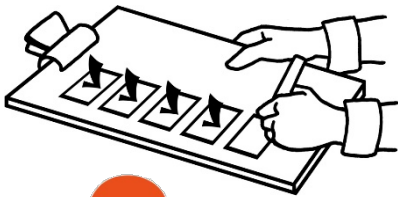
Here is a picture to show…

Spine (back)

Bowel (poo)

Bladder (wee)

Pelvic floor muscles

we care

Why do pelvic floor muscles get weak?

It can be caused by:

- having a baby

- menopause or the change of life

- not being able to poo

- lifting heavy things

- coughing

- being overweight

- not exercising.

What can I do to make it better?

Follow the 7 steps on the next page.

You can do the steps while sitting down, standing up or laying down.

Morning

Afternoon

Evening

Do **each step 5 times** in the **morning, afternoon and evening.**

7 steps to follow…

When you are doing the steps below, **don't**:

- squeeze your bum cheeks
- squeeze the tops of your legs (thighs)
- hold your breath.

1

Pretend you are trying to hold in wind.

Squeeze your muscles as tight as you can.

2

Relax.

3

Pretend you are trying to hold in a wee.

Squeeze your muscles as tight as you can.

4

Relax.

5

Pretend you are trying to hold in wind and a wee at the same time. Squeeze your muscles as tight as you can.

6

Relax.

7

Repeat these steps 5 times.

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We can also tell you about other things to help.

If you have any questions, please ask your nurse.

Contact us
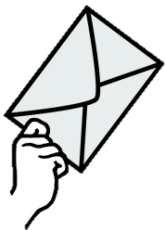
Speak to the Kent Continence Team if you need help and information.

Phone: 0300 790 0310

Email: kentchft.continence@nhs.net

Write to us…

The Kent Continence Team

Exchange House

Thomas Way

Hersden

Canterbury

Kent CT3 4NH

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Need help?

Our Patient Advice and Liaison Service (PALS) can support you.

You can ask a question or tell them if you are unhappy about something.

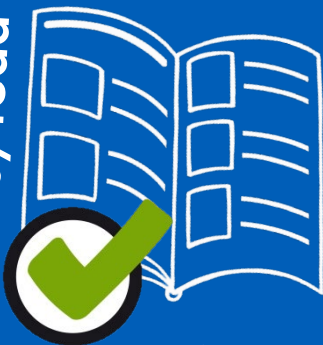**Phone:** 0800 030 4550

The team can phone you back.

Email: kentchft.PALS@nhs.net

Post:

Patient Advice and Liaison Service (PALS)

Kent Community Health NHS Foundation Trust

Trinity House

110-120 Upper Pemberton

Ashford

TN25 4AZ

easy read

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Our information is made with help from people with a communication need. Created using CHANGE and stock images.