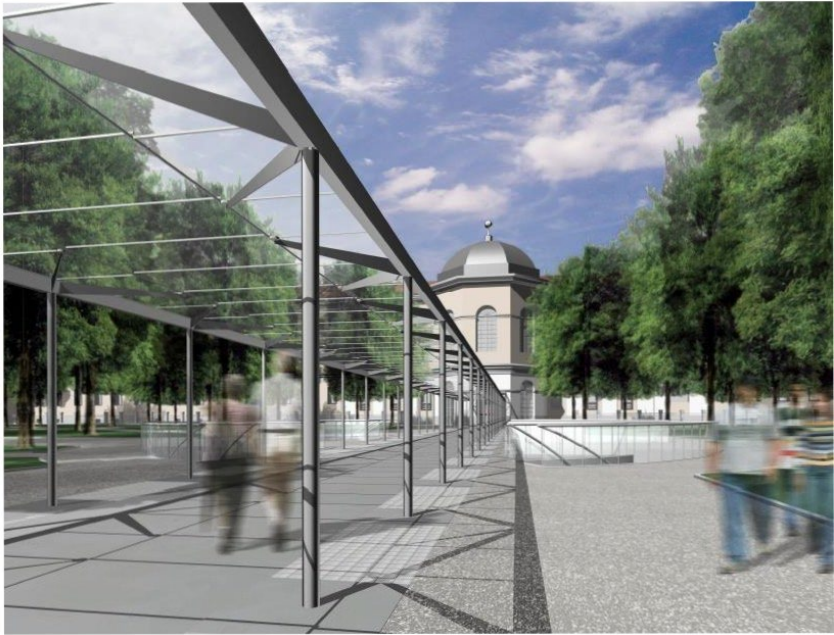




STRENGTHENING EXERCISES OF THE PELVIS-PERINEAL MUSCULATURE

USEFUL INFORMATION

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In people undergoing prostatectomy surgery, urinary incontinence is one of the most frequent complications; it has a multifactorial pathogenesis:

- abnormal functioning of the bladder neck,
- instability of the detrusor muscle of the bladder,
- damage of the external sphincter,
- involvement of the musculature of the perineum and its innervation.

Incontinence has a very high impact on the quality of life of men who often feel inadequate and are often forced to modify or reduce their social life, because they are forced to use absorbent devices.

The strengthening of the perineal muscle floor can allow an improvement of the compromised containment capacity through adequate exercises and training.

There is scientific evidence that if men train the muscles involved adequately, both before and after surgery, they can avoid, reduce or resolve incontinence depending on the case. This booklet illustrates exercises for strengthening the pelvis-perineal muscles to be performed daily at home, after training by specialized personnel.

Pelvic-perineal muscle strengthening exercises

Rotate the pelvis while contracting the pubococcygeus muscle (contractions of 4 seconds) → rest in the starting position (pause of 8 seconds). Repeat 10 times



Contract the pubococcygeus muscle while lifting the head (contractions of 4 seconds) → rest in starting position (pause of 8 seconds)
Repeat 10 times



Contract the pubococcygeus muscle while lifting the pelvis (contractions of 4 seconds) → rest in starting position (pause of 8 seconds).
Repeat 10 times



Contract the pubococcygeus muscle while bringing the knees together (contractions of 4 seconds) → rest in starting position (pause of 8 seconds). Repeat 10 times



Bring one knee to the chest and perform 5 contractions of the pubococcygeus muscle of 4 seconds combined with rests of 8 seconds
→ repeat with the other knee



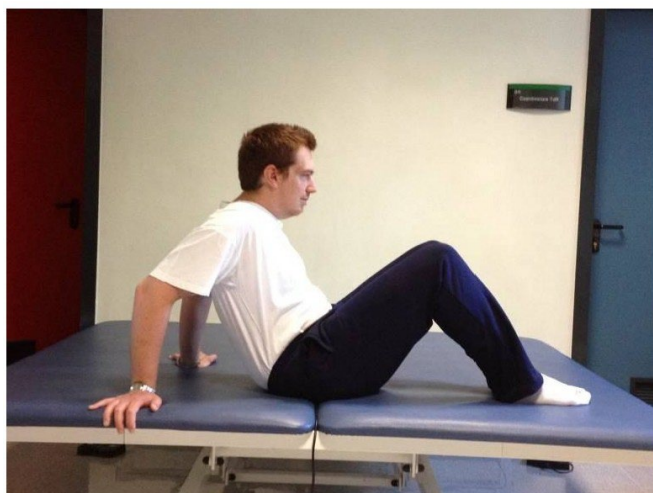
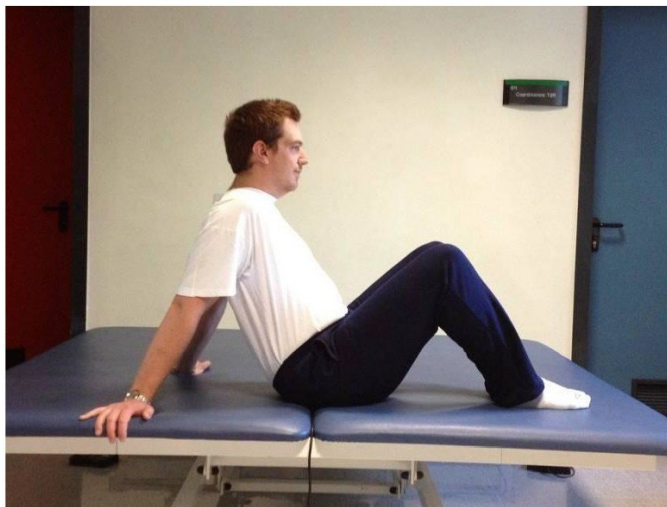
Bring both knees to the chest and perform 10 contractions of the pubococcygeus muscle of 4 seconds combined with rests of 8 seconds



Rapid contractions of the pubococcygeus muscle.
Repeat 10 times for 2 cycles



Starting from the seated position, slightly lift the pelvis and rotate it by contracting the pubococcygeus muscle (contractions of 4 seconds) - rest in the starting position (pause of 8 seconds). Repeat 10 times



Standing with back against wall, contract pubococcygeus muscle
(contraction of 4 seconds with rest intervals of 8 seconds)
Repeat 10 times



Contract the pubococcygeus muscle by extending one leg.
Repeat 5 times each side



"Lunge" position, perform 5 contractions of the pubococcygeus muscle of 4 seconds combined with pauses of 8 seconds.
Repeat with the other limb.



Contractions of the pubococcygeus muscle in semi-squatting position.
10 contractions of 4 seconds combined with pauses of 8 seconds.



Automating exercises during activities of daily life: contract pubococcygeus muscle passing from sitting to standing position, coughing, blowing your nose, walking fast.

NB: PC= Pubo-Coccygeus muscle

Start with contractions of 4 seconds and possibly increase the duration gradually over time. The pause between one contraction and another must last twice as long as the contraction.



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