



STRENGTHENING EXERCISES OF THE FEMALE PELVIS- PERINEAL MUSCULATURE

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In women, urinary incontinence is one of the most frequent disorders; it has a multifactorial pathogenesis:

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

Incontinence has a very high impact on the quality of life of women 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 women train the muscles involved adequately, 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.

Perineal awareness exercises

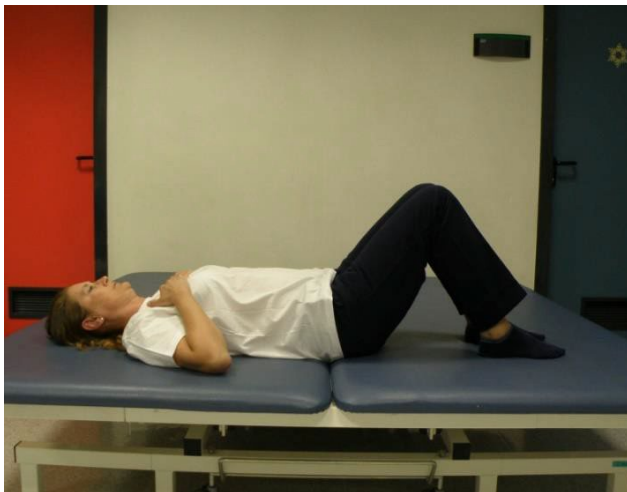
The exercises must be performed with an empty bladder.

Lying on back with legs bent.

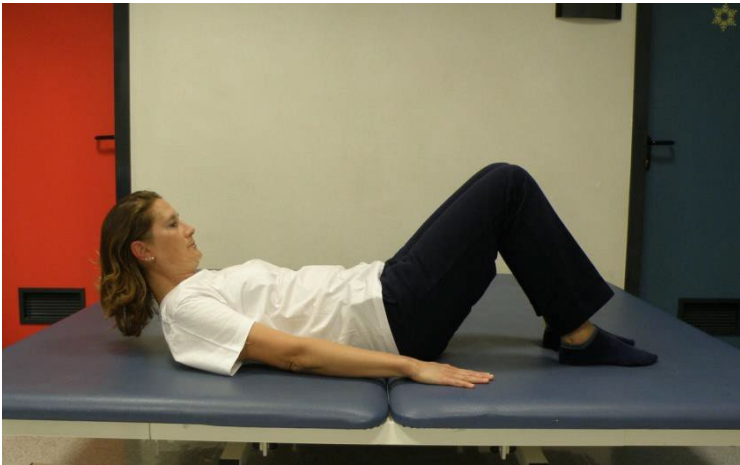
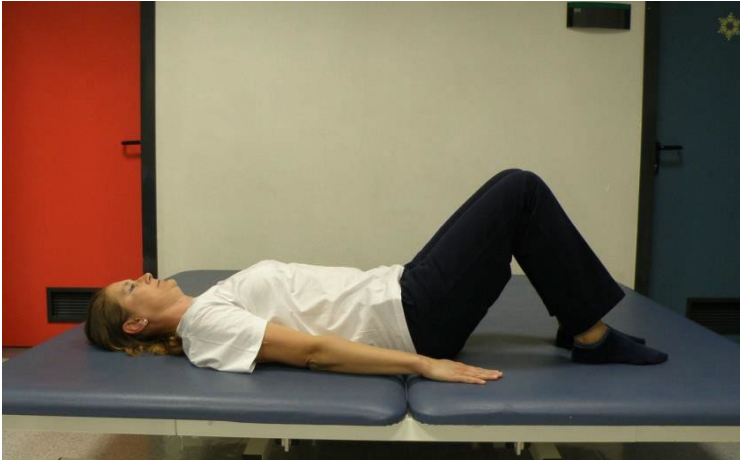
- contract the pubococcygeus (PC) muscle “I think I am holding urine” for 4 seconds, rest for 8 seconds, repeat 10 times.
- contract the pubococcygeus (PC) muscle “I think I'm holding the gas” for 4 seconds, rest for 8 seconds, repeat 10 times.

N.B. In the literature there is evidence of possible damage from the execution of the “Stop urination”, often referred to as an exercise to strengthen the perineal muscles, this practice is therefore not recommended.

Strengthening exercises of the perineal muscles.



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



Contract the PC, lift head (contractions of 4 seconds) → rest in starting position (pause of 8 seconds)
Repeat 10 times



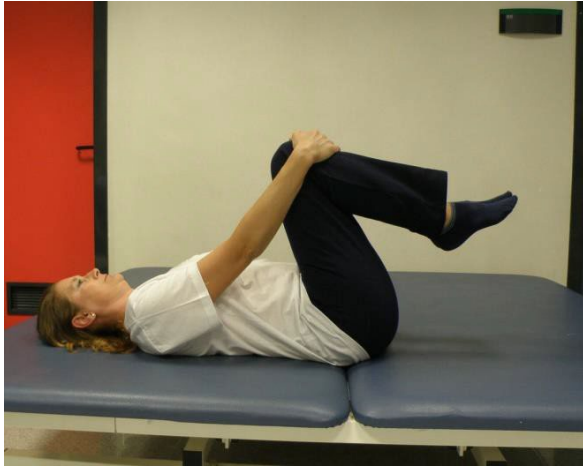
Contract the PC while lifting the pelvis (contractions of 4 seconds)
→ rest in starting position (pause of 8 seconds)
Repeat 10 times



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



Bring one knee to your chest and perform 5 PC contractions of 4 seconds combined with pauses of 8 seconds
→ repeat with the other knee



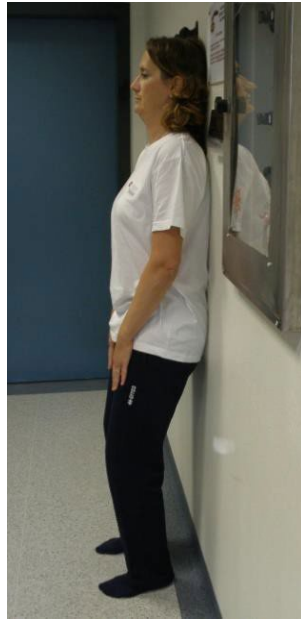
Bring both knees to the chest and perform 10 contractions of the PC of 4 seconds combined with pauses of 8 seconds



Rapid contractions of the PC.
Repeat 10 times for 2 cycles



Starting from the seated position, slightly rotate the pelvis by contracting the PC (contractions of 4 seconds) → rest in the starting position (pause of 8 seconds).
Repeat 10 times



Standing with your back against the wall, rotate your pelvis by contracting your PC (contraction of 4 seconds combined with pauses of 8 seconds)
Repeat 10 times



Contract the PC while bringing one leg out (with hands on support)
Repeat 5 times each side



"Lunge" position with hands resting, perform 5 contractions of the PC of 4 seconds combined with pauses of 8 seconds. Repeat with the other limb.



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

Automating exercises during activities of daily life: contract the PC 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.

NOTICE

This booklet is accurate at the time of printing and is updated periodically. However, operational changes could occur between one edition and another, so the information provided here is not binding.

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