Pelvic floor exercises

Your exercise programme

Your nurse:

Follow up phone appointment:

Follow up clinic appointment:

The Continence Service

Contact: 0300 300 7777

Following your Pelvic Floor Assessment, your specialist nurse has devised your exercise plan:

Grade of pelvic floor muscle

How many seconds you can hold the contraction

How many seconds rest between contractions

How many times you can repeat the contraction

How many quick contractions you can do

**Repeat your exercise programme 3 times per day.**

This programme builds up the strength of the muscle group enabling the muscles to be able to work harder for longer.

It is also important that the muscles can react quickly, for example when you cough or sneeze.

As a result of this muscle training your pelvic floor will get stronger and you can gradually increase the length of time you hold each contraction and increase the quick contractions (up to a maximum of 10).

The most difficult part of the programme is remembering to do the exercises! To trigger your memory, try:

* Wearing your watch on the wrong arm
* Put stickers in places that will catch your eye
* Exercise after you have been to the toilet
* Mobile phone alarm
* Try using the NHS Squeezy app to set up your programme and get notifications. [www.squeezyapp.com](http://www.squeezyapp.com)
* Set an alert/reminder on Alexa or Google device

**It may take three to six months to notice a positive change, so perseverance is important, it will be worth it.**

Remember: pelvic floor exercises are for life.

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