

# Pelvic Floor Muscle Exercise



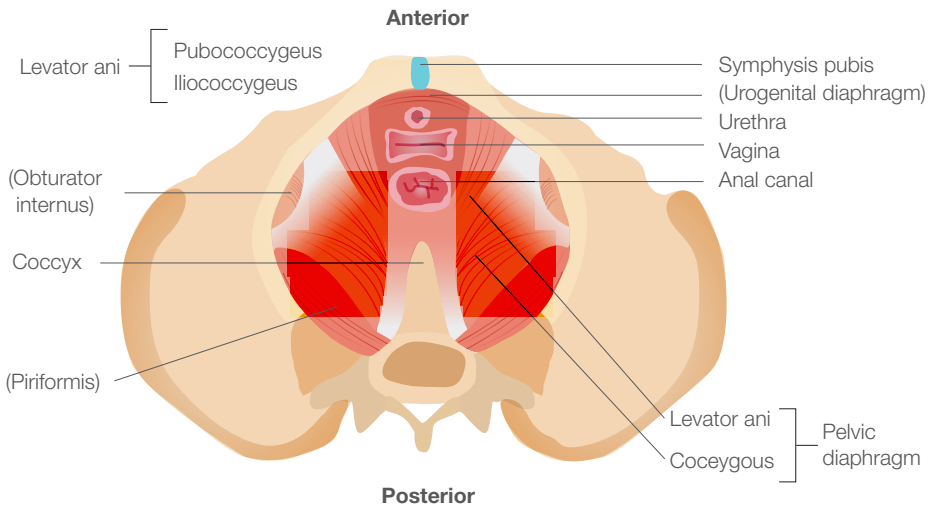
The Geriatric Medicine service provides inpatient and outpatient specialist care to older persons aged 75 years and above. Specialist assessment and individualised holistic management are offered to elderly with bladder and bowel-control problems, memory, mood and behavioural problems and multiple falls or difficulty walking. Patients are cared for by a multi-disciplinary team comprising doctors, nurses, physiotherapists, occupational therapists, speech therapists, dietitians, pharmacists, podiatrists and medical social workers, where necessary.

# What is Pelvic Floor Muscle Exercise?

Pelvic Floor Muscle Exercise is performed to strengthen the pelvic floor supporting your bladder and rectum. Weak pelvic muscles may result in urinary and/or faecal incontinence. By practicing the Pelvic Floor Muscle Exercise daily, you will notice progressive improvement in your urinary and bowel control.

Our Continence Nurse will identify and train you to strengthen your pelvic floor muscles during your visit. Each pelvic floor contraction comprises of an active contraction, followed by a rest phase. Your role is to perform these contractions regularly over a period of time.

The Pelvic Diaphragm = the deepest muscle layer



View of the Female Pelvis

# How many contractions do I need to perform?

A total of 45 contractions are required every day. You may perform:

- 15 contractions when you wake up
- 15 contractions before lunch
- 15 contractions before bed

Please contract your pelvic floor muscle for \_\_\_\_\_ counts and rest for \_\_\_\_\_ counts.

Improvement is not immediate, but daily practice will help you to see results 6 to 8 weeks later.

DO NOT contract your tummy, hips and buttocks. It is the pelvic floor muscles that you should isolate and exercise.

Always take a deep breath and take it easy.

Consistency is the key to improvement.

## Adaptation strategies

As you begin these exercises, you will find that you are leaking less with increased training and activities. The weakness of your pelvic floor muscle is slowly being corrected through daily exercises. In the meantime, remember to tighten your pelvic floor muscles before you do anything that could cause you to leak, for e.g. lifting your child, when you sneeze or cough.

Please contact us for further information or if you need assistance.

**Notes:**

## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

[www.ntfgh.com.sg](http://www.ntfgh.com.sg) | [www.jch.com.sg](http://www.jch.com.sg)

### Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only\*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

\*Please refer to our websites for more details.

### General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

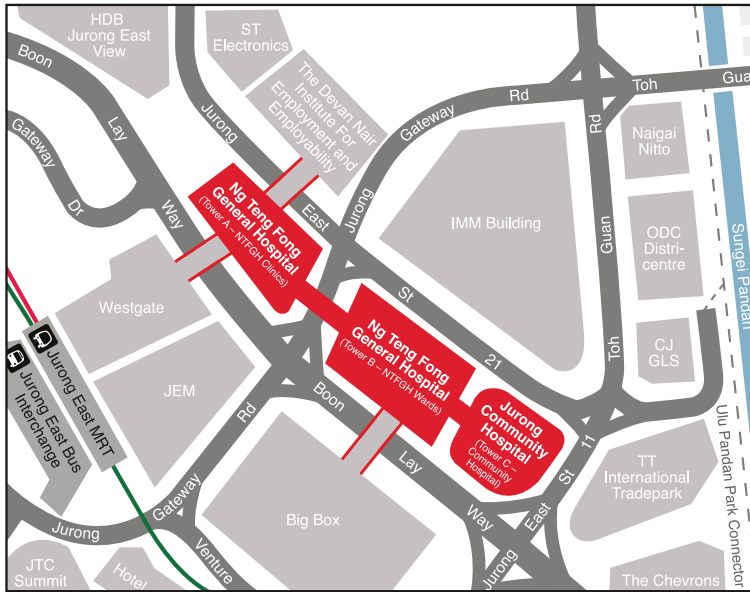
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: [JHCampus\\_Dental@nuhs.edu.sg](mailto:JHCampus_Dental@nuhs.edu.sg)

## Getting there



### By train

Alight at Jurong East MRT Station

### By bus

#### Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

#### Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.