

## Guidance on pelvic floor muscle training:

Here are resources to help you perform pelvic floor exercises properly. If you can't see a physiotherapist, the link below contains a video which may be helpful - give yourself the best chance of doing these well!

<https://www.nhs.uk/common-health-questions/lifestyle/what-are-pelvic-floor-exercises/>



The NHS squeezy app is also recommended and can be found on your mobile app stores. The webpage with more information and link to download the app is here: <https://squeezyapp.com>



Here are some cues that indicate what it should feel like when you do your pelvic floor exercises that may assist in performing these correctly:

- Imagine stopping gas escaping
- Stopping the flow of urine (but it is important you do not actually do this while weeing)
- Closing the zipper from the back passage to the front passage

One of these cues may help you more than the others, find what works for you! If you are still unsure, speak your GP, midwife or pelvic health physiotherapist.