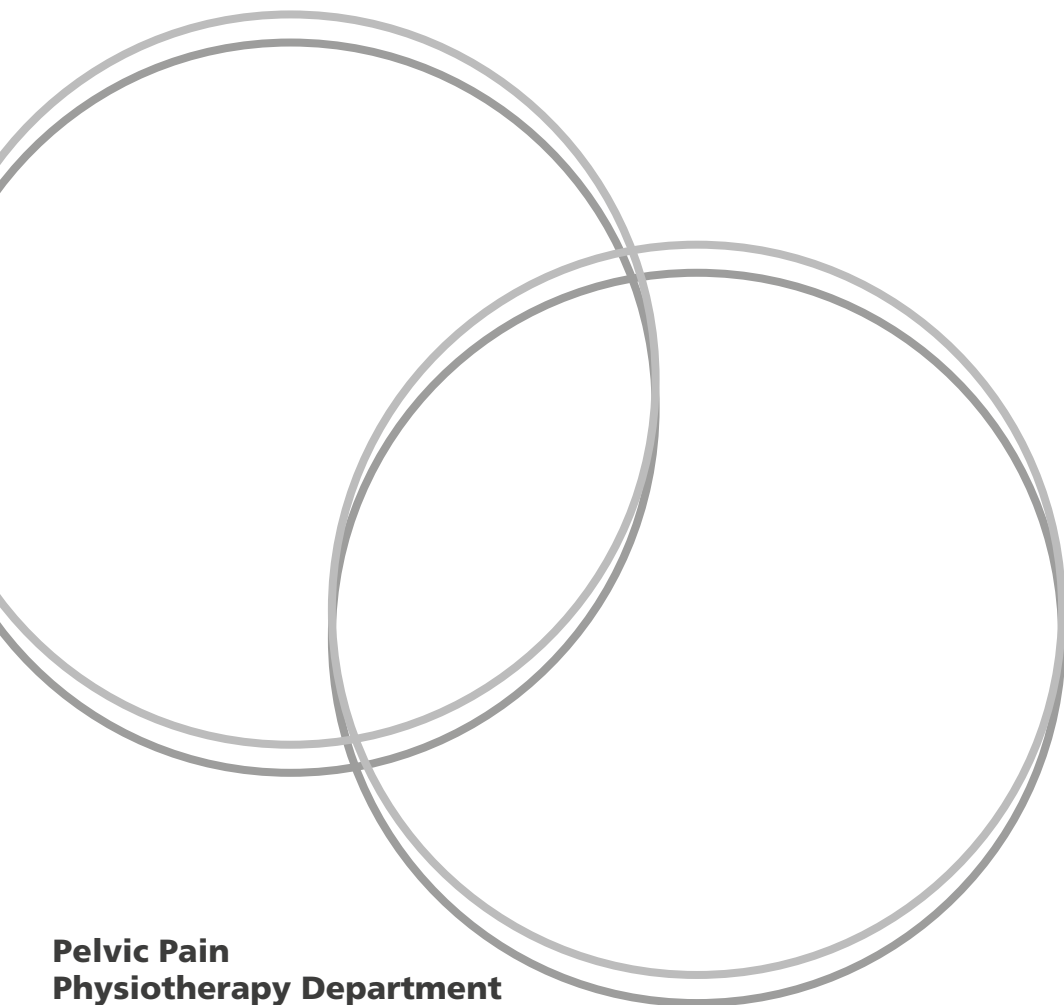




Oxford University Hospitals
NHS Foundation Trust

Pelvic Floor Control in Pelvic Pain

Information for patients



**Pelvic Pain
Physiotherapy Department**

This leaflet is to be used in conjunction with the advice of your health professional. Usually this will be part of a wider home exercise program.

If you have any concerns, please discuss these with your physiotherapist.

It may have been found that your pelvic floor muscles have not been working to their optimum, contributing to some of your symptoms.

In order for a muscle to be able to work effectively it needs to be able to contract and relax through its full range of movement. This also means that the muscle needs to be flexible. Sometimes if a muscle is over worked and kept in a shortened position it can become weak and painful.

These exercises are to assist you to gain full length and control of your pelvic floor.

The exercise

- Lie on your back with your knees bent. Place one hand over your lower abdomen and one over your chest.
- Start with 2 to 3 slow, deep abdominal breaths so that your tummy “swells” / “bloats” out. Try to keep your chest still with a relaxed breath out.
- Then go back to breathing normally.
- Now, gently tighten around your back passage as if stopping wind and immediately relax again.
- Try to let these muscles relax off as far as possible.
- Then return to the deep abdominal breathing.
- Aim to complete 8 to 10 repetitions.

You may notice some days are easier than others, this is all part of the normal fluctuations you may observe. Are there things you can notice that make it easier or more difficult?



Notes:

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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