

WOMEN'S CLINIC, LTD.

HOW DO YOU EXERCISE YOUR PELVIC MUSCLES?

Find the right muscles. This is very important.

Your doctor, nurse, or physical therapist will help make sure you are doing the exercises the right way.

You should tighten the two major muscles that stretch across your pelvic floor. They are the “hammock” muscle and the “triangle” muscle. Here are three methods to check for the correct muscles.

1. Try to stop the flow of urine when you are sitting on the toilet. If you can do it, you are using the right muscles.
2. Imagine that you are trying to stop passing gas. Squeeze the muscles you would use. If you sense a “pulling” feeling, those are the right muscles for pelvic exercises.
3. Lie down and put your finger inside your vagina. Squeeze as if you were trying to stop urine from coming out. If you feel tightness on your finger, you are squeezing the right pelvic muscle.