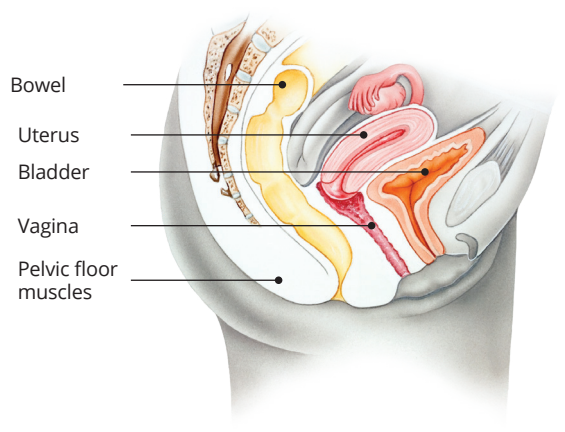


Pelvic Floor Muscles and Exercise

The pelvic floor is a group of muscles that support the abdominal contents (intestines, bowel and bladder). These muscles are very important for closing the bladder and bowel openings, hence preventing unwanted leakages.



Pelvic floor muscles

It is important that the pelvic floor is toned up, or else women may find later in life, and particularly post-menopausally, that they will leak a little urine when coughing, laughing or sneezing (known as "stress incontinence"). A weakness in the pelvic floor muscles can also result in a prolapse (displacement or descent of the organs from their normal position) of the bladder, bowel or uterus. This is a condition that usually requires surgical repair.

Pelvic floor exercise

Position

Start with lying on the back, side or front, and gradually progress to standing, sitting in a chair with the knees slightly apart, then squatting.

Methods

Imagine trying to stop the flow of urine; the feeling is one of squeeze and lift, closing and drawing up both front passage and vaginal opening. When doing these movements, do not hold the breath, or squeeze the bottom or thighs together, but do relax and breathe normally. When the move or sensation can be mastered, the exercise can be practised anywhere, any time, except urinating as it will increase bladder hypersensitivity and increase the risk of urinary tract infection.

There are two ways to do this exercise:

- For **Strengthening = Quickly**, with repeated squeezing and relaxing of the muscles.
- For **Endurance = Slowly**, squeeze the pelvic floor muscles up slowly, hold the contraction for as long as possible (keep breathing!) then relax slowly. To progress the endurance capacity of these muscles imagine that the pelvic floor is a lift in a lift shaft. When not consciously contracting the muscles, it is at ground floor. Try to contract a little bit and raise the "lift" to the first floor, then a little more to the second floor and then to the third floor. Squeeze as much as possible, hold it there and keep breathing, now, take the lift back slowly to the second floor, then to the first floor and then to ground. Going down is much harder than going up.

Programme... VERY IMPORTANT

Strength: On Monday, Wednesday and Friday
Fast contractions 10 times
Repeat three times a day

Endurance: On Tuesday, Thursday and Saturday
Follow the instruction for the endurance exercise
Contract the muscles and hold for 5 seconds
Repeat 10 minutes, three times a day

Leaking a little?

A woman sometimes leaks urine when coughing or sneezing or lifting anything heavy. To help prevent this, squeeze and lift the pelvic floor first. Women should not get into the habit of going to the toilet just in case - this makes the bladder hypersensitive.

Test for the pelvic floor muscles

After three months of exercise, test whether the pelvic floor is working well. Try one of these methods when the bladder is full. There should be no leakage:

- do a stride jump and cough at the same time
- squat fully and then cough deeply

If there is no leakage or other problems, then these squeeze and release exercises can be performed every day for life. If, however, there is leakage or other concerns, consult a doctor. Meanwhile, physiotherapists can offer advice on how to retrain these muscles.

Compiled by:

Physiotherapy Department,
Matilda International Hospital

The materials contained here are for general health information only, and are not intended to replace the advice of a doctor. Matilda International Hospital and Matilda Medical Centres will not be liable for any decisions the reader makes based on this material.

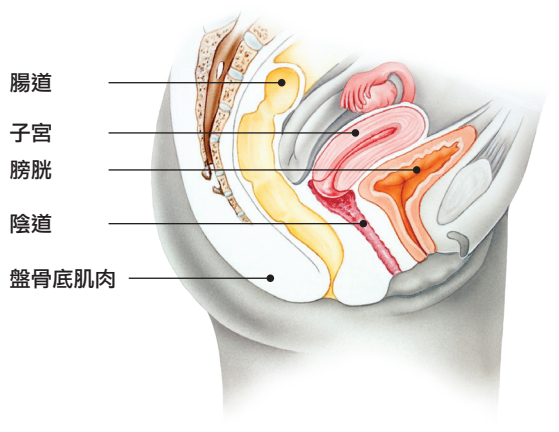
To make a physiotherapy appointment, please call 2849 0760 or email physio@matilda.org.

Scan the QR code to obtain information of our medical centre or clinic downtown



強化盤骨底肌肉運動

盤骨底會陰肌是一組用以支撐腹部器官(如腸道和膀胱)的肌肉。這組肌肉十分重要，主要負責膀胱和腸道的開合，以防不必要的滲漏。



盤骨底肌肉

女士們需要保持及強化盤骨底肌肉，否則隨著年長，尤其在更年期後，咳嗽、大笑或打噴嚏時，便會出現小便失禁的情況(即壓力性失禁)。若情況嚴重，患者的盤骨底肌肉更會變得鬆弛，令膀胱、腸道或子宮下垂(相關器官出現移位或下墮)，需要進行外科手術加以矯正。

強化盤骨底肌肉運動

訓練的姿勢

先以臥仰臥、側臥或俯臥姿勢練習；再轉為站立、坐在椅子上將雙膝微微分開及蹲坐練習。

訓練方法

想像要忍住排尿，感覺有如提縮及收緊尿道和陰道。練習時，不要閉氣也不要收緊臀部或大腿，反而要放鬆和自然呼吸。只要掌握到相關動作或感覺，便可隨時隨地嘗試練習，惟不應該在排尿時練習，因會增加膀胱敏感度及尿道炎的風險。

盤骨底肌肉運動分為兩種方式：

- **強化力量 = 快速**，重複收緊及放鬆這組肌肉
- **提升耐力 = 慢速**，慢慢收緊盤骨底肌肉，儘可能維持收緊(但保持呼吸)，然後慢慢放鬆。要逐步提升這組肌肉的耐力練習，則要想像盤骨底肌肉有如電梯上升。當這組肌肉放鬆時，就有如電梯下降到地下；嘗試將這組肌肉收緊多一些，將電梯升高到一樓，再多一些來到二樓，然後再到三樓。儘可能用力收緊，能維持多久就多久，並繼續呼吸。之後，再慢慢將電梯下降到二樓，然後到一樓，再到地下。下降是比上升更困難的。

盤骨底肌肉運動十分重要

- 強化力量：**星期一、星期三及星期五
10下快收縮，每天重複三次
- 提升耐力：**星期二、星期四及星期六
跟隨提升耐力運動的指示
維持收緊盤骨底肌肉5秒
10下為一組，每天重複三次

失禁？

女士有時在咳嗽、打噴嚏或提舉重物時有漏尿的情況。如欲改善此情況，便須收緊及提升盤骨底肌肉作練習，以避免小便失禁。此外，女士不要養成常常去廁所的習慣，因為這會令膀胱更為敏感。

盤骨底肌肉測試

經過三個月練習後，應測試盤骨底肌肉的控制力是否有改善。當膀胱脹滿時，可嘗試以下方法，以確認膀胱會不會滲漏。

- 大踏步，並同時咳嗽
- 完全蹲坐，然後使勁地咳嗽

假若沒有出現滲漏或其他問題，那麼便可每天進行收緊及放鬆盤骨底肌肉的練習。若有失禁或其他健康的問題，便要諮詢醫生的意見。同時，亦可請教物理治療師，學習重新訓練這組肌肉。

撰寫：
明德國際醫院物理治療部

此健康單張所提供的資訊僅供參考之用，並不能取代醫生的專業意見。明德國際醫院及明德醫療中心對讀者在閱讀後所作出的任何決定並不負上任何責任。

如欲預約物理治療服務，
請致電 2849 0760 或電郵 physio@matilda.org。

掃描以下QR Code，
查閱醫院位於市區的
醫療中心或診所資料

