



Pelvic Floor Muscles : Advice tips

Often on the advice line we get asked questions about the pelvic floor. We all know the pelvic floor is located "down there" but how does it relate to the vagina and to Mooncup use?

The pelvic floor is a part of the woman's anatomy that supports the bladder, urethra and anus, yet is seldom talked about until problems begin to occur. It is a part of our body that we need to keep informed about and pay attention to for our general well being.

Up to 4 in 10 women have pelvic floor problems.

There is increased risk if you have experienced:

- a long second stage of labour
- an episiotomy (a deliberate surgical cut to the vagina during childbirth)
- a forceps or ventouse delivery
- giving birth to a particularly heavy baby
- multiple births
- if you are overweight
- if you are an older women

Advice calls that we receive at Mooncup that can be the result of pelvic floor problems include:

- The Mooncup being pushed down, out, or leaking when exerting pressure like coughing sneezing or exercising.

In more general terms, women may experience any of the following as a result of weakened pelvic floor tone:

- Occasional leaks of urine when pregnant or after having baby.**
- Leaking of small amounts of urine, usually when coughing, sneezing or laughing.**

What you can do

Pelvic Floor Exercises

Exercising these muscles is the only way to increase pelvic tone. Ideally pelvic floor exercise should be part of your fitness routine before problems force you to do them.

First, it is really important to locate the correct muscles. Mooncup users are likely to have an advantage here as feedback in users indicates a significant increase in knowledge of the vaginal area generally.





Pelvic Floor Muscles : Advice tips

How to locate the correct pelvic floor muscles

Method 1

Sit with your knees slightly apart

Tighten your muscles as if you are trying to stop yourself passing urine or wind.

Method 2

To be sure you are tensing the right group of muscles, put a clean finger or thumb into your vagina and squeeze your vaginal muscles. ***Try not to squeeze your legs, tummy or hold your breath.*** You should feel muscles in your vagina clenching around your finger. These are your pelvic floor muscles!

Once you have found the correct muscles, Kegel's are one of the most popular methods of exercising because you can do them everywhere-well almost! You can exercise in front of T.V (!!!), during traffic jams, whilst having sexual intercourse, even at a meeting!

How to do Kegel's exercises

-Locate those special muscles. Hold and squeeze for ten seconds and release.

-Do this ten times in a row, and build up to 20 times in a row.

If you do these regularly for three months, your muscle tone will increase, symptoms of stress incontinence will reduce and you will regain confidence and knowledge about your body.

While pelvic floor exercises are the best way to treat stress incontinence, there are some other options if you feel no improvement after about 3 months. Specialist clinics may be available through your G.P. These clinics can advise on medication, electrical stimulation, biofeedback (a method of measuring the electrical signals produced by muscles when tensed) and vaginal cones (a cone is left in place for fifteen minutes twice a day, to stop the cones slipping out the woman needs to tense her pelvic muscles).

Please do not hesitate to get back to Mooncup advice advice@mooncup.co.uk or call (+44) 0 1273 355022 if you have any questions or you still continue to experience problems.

