

Pelvic Floor Self assessment:

Working your pelvic floor muscles is an essential part of your daily routine and getting the correct muscles working is important.

Here are a couple of ways in which you can use to self- assess your pelvic floor muscles, if you are still unsure about whether you are tightening the correct muscles or feel unable to tighten your pelvic floor then please make an appointment with a women's health physiotherapist for assessment.

Self-Assessment:

- 1) Use a small mirror to look at the area between your legs, the skin between your vagina and your back passage should move upwards away from the mirror when you tighten your pelvic floor muscles.

****If you see a bulging – STOP- it may be that you are making your problem worse, please seek specialist advise ****

- 2) Feel inside your vagina with your index finger and tighten your pelvic floor muscles – you should feel the muscles tighten around your finger.

Always ensure that you breathe normally when doing the exercises and keep your leg muscles and buttocks relaxed, you may feel tightening in the lower abdomen muscles which is normal.