NIKOLA
Nätverk Inkontinens Kommuner Landsting

Basic pelvic exercises for women

The purpose of pelvic exercises is to strengthen the muscles so that the inner organs are lifted up to the right position, and also to increase the muscle power around the urethra, vagina and rectum. (fig.1 and 2)

fig. 1

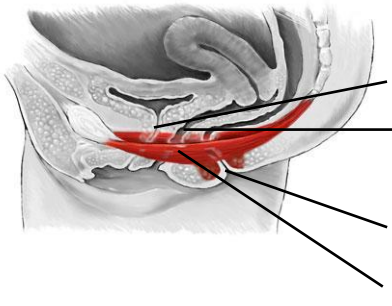
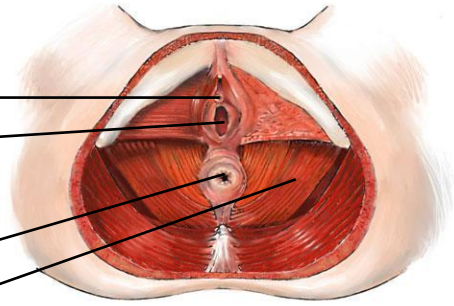


fig. 2



It is important that you exercise the right muscles. Therefore we will begin by identifying your pelvic muscles.
The easiest way to do this is by lying in a relaxed position - for example, on your back with your legs raised (fig.3) or lying on the side (fig.4).

fig. 3



fig. 4



Find the right muscles

Gently contract the sphincter around the rectum. Continue to contract upwards and forwards around the vagina and the opening to the urethra.
Suck in and lift up the entire pelvis. It should feel like a push from underneath and upward in the direction of the navel.
Do this movement with a little pressure and for a short time. Contract and lift for two seconds and then
relax for two seconds.
Breathe calmly, and put one hand on your stomach to feel that the abdominal muscles are relaxed. You can practice this while sitting and standing.
When you have mastered “finding the right contraction” go on to the strength contraction.

© Nikola (Network for Incontinence- Municipalities and County Councils), may be freely copied in unabridged form
2011-02-16 Översättning rev 2022

Strength contraction

Now it is time to use maximal power in the contraction and hold it for 5-6 seconds.
Breathe calmly during the entire contraction process. Contract for 5-6 seconds; release the contraction gradually and
then rest for the same amount of time.
Try to be able to do 10 contractions in a row, each time with the most power you are able to use without tightening the abdominal muscles. This creates unnecessary pressure against the pelvis.
Do 10 contractions, at least 3 times a day.

Endurance training

Done as a strength contraction but now you try to hold the contractions for 30-60 seconds.
After a short amount of time the strength level will be significantly lower than the maximum contraction, which
is as it is supposed to be.
Conclude every strength contraction with an endurance contraction.

Function training

This is the absolute most important exercise. Now it is time for you to become aware of what situations normally cause leakage and for you to
consciously and quickly contract the muscles that you have exercised just prior to the moment when leakage is expected. Examples of such occasions are the moment before you cough or lift something heavy, or during physical exercises.

AFTER A COUPLE OF MONTHS OF TRAINING, YOU WILL NOTICE THAT THE MUSCLES HAVE BECOME
STRONGER. REMEMBER THAT IT WILL TAKES SOME TIME BEFORE YOU HAVE TRAINED THE
MUSCLES PROPERLY.

© Nikola (Network for Incontinence- Municipalities and County Councils), may be freely copied in unabridged form