

Breath and Pelvic Floor Strengthening

Physiotherapy Patient Information

Now you have learnt diaphragmatic breathing techniques in the last section ([Diaphragmatic Breathing](#)), link this with your pelvic floor exercise regime for better results.

Firstly, take some time out to get used to this new way of working the pelvic floor. You might want to practice the breath on its own for a few minutes - this will also help your nervous system relax, prior to doing pelvic floor work.

Breath Recap

Slow steady inhale, your ribs should expand, and your belly gently rise as the air goes right down into the lungs. Then even slower outbreath - try to make it at least one count or a couple of seconds slower.

Linking with Pelvic Floor Exercises

Pelvic floor - when you are ready.... on an EXHALE, begin to squeeze and lift the pelvic floor. This should feel like you are stopping yourself from passing wind, then 'zipping up,' to the front to stop yourself from passing urine. Then lift internally. See [How to do Pelvic Floor Exercises](#) weblink for more detail.

To start with, work on gradually lifting and squeezing the pelvic floor through your exhale. Release completely as you inhale.

Progression: Experiment with holding the squeeze through another inhale/exhale, before releasing on an inhale.

Use this technique for your long or endurance squeezes.

Remember - the relaxation is as vital as the contraction to a healthy pelvic floor. If relaxing the pelvic floor is hard for you, make sure you are taking a few breaths between squeezes to fully relax. See [Relaxing the Pelvic Floor](#) for more information.

Repetitions - please follow your physiotherapist's advice:

Long squeeze: Hold for seconds, repeat times

Quick squeezes: repeat times

Please note that these exercises are a guide and an individualised assessment and exercise programme is often required.

If you have any queries, please do not hesitate to call Physiotherapy reception on (01225) 821241. They will be able to direct you to your Physiotherapist.

Alternatively, you can email ruh-tr.therapiesoutpatientadmin@nhs.net
To access video links and further support, please visit the Physiotherapy webpage: <https://ruh.nhs.uk/patients/services/physiotherapy/>



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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.pals@nhs.net or telephone 01225 825656 / 826319.