

Ask yourself these important questions



Do your Pelvic Floor Exercises (Risk factors)

- I am overweight
- I lift heavy weights
- I do lots of high impact exercises
- I have an injury to my pelvic area
- I am pregnant or have had a baby
- I have been diagnosed as hypermobile
- I'm interested in prevention and having great health



Should consider getting help from a pelvic health professional

- Leak small amounts of pee occasionally or more than once
- I am constipated
- I am not sure how to do these exercises properly



Seek help from a health professional NOW

- I have pain in the pelvic area
- I leak pee
- I have pain during and after sex
- I get up more than once a night to pee

Get in touch for more information:

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BE BOLD AWARE EMPOWERED



*Go
against
the
flow*



VICTORIAN CONTINENCE RESOURCE CENTRE

goagainsttheflow.org.au

Bladder problems, like losing control and peeing a bit when you don't mean to – called **incontinence**, are not uncommon, even in young women – but just because they happen to other people, doesn't mean you have to put up with them!

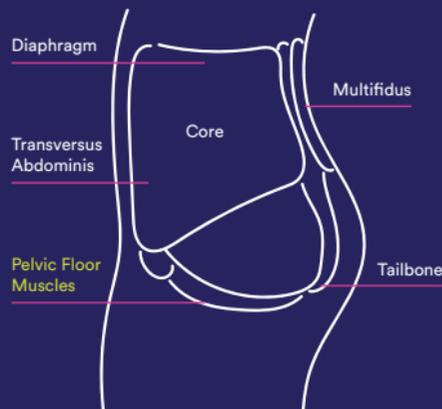
What is INCONTINENCE?

Urinary incontinence or bladder leakage affects 1 in 3 adult women and 1 in 8 teens, so it's pretty common. It can be **as little as a drop or as much as a flood**. It can happen for a lot of different reasons. Things like pregnancy and child birth are well-known causes, but it can also happen if you've had a cough for a long time (like with asthma), if you strain on the loo, if you're overweight, or if you're into a lot of regular high intensity exercise.

Can I stop this?

So you pee when you sneeze, cough or laugh? You need to pee and you can't hold on? You plan to have kids one day?

Doing **pelvic floor exercises** now can stop bladder problems and leakage in their tracks!



What and where are the Pelvic Floor Muscles?

The **pelvic floor muscles (PFM)** at the bottom of your core support your organs and move up and down in time with your diaphragm.

Your **PFM** also works with an extra ring of muscle around your anus and urethra that stops your pee and poo from coming out at the wrong time.

If it's a bit lazy, weak or stretched, your **PFM** doesn't provide the support it should, and your organs can sag towards the gap at the bottom of your pelvis.

The TA, Diaphragm, Multifidus and Pelvic Floor Muscles work together to make a stable foundation for movement. These four muscles together form your **core**.

Give them a go!

When you work your abs or your biceps or triceps, you do it by tightening and then releasing the muscles. Your **pelvic floor muscles** are the same.

Imagine a tightening Mexican Wave or a Zipper that starts with your anus, flows into tightening and lifting your vaginal opening, then your urethra, and your lower tummy. **Squeeeeeeeze**. Now **relax**.

Getting the movement right is more important than how hard you squeeze or how many you do!



For more information visit our website:
www.goagainsttheflow.org.au