

Before you start contracting the pelvic floor you must make sure it is first completely relaxed. Look at the diagram here and see the difference between relaxed and contracted below



Breathe (sigh) out before you start making sure that your lungs are completely empty

 Squeeze the pelvic floor in isolation, think of the back passage coming in from the back up and forwards towards the front to the bladder

 Make sure you don’t lift your chest

Keep holding this for 5 seconds

 Drop it back completely

 Finish then with Sniff Flop & Drop

**Repeat this 10 times after you have finished 5 mins** Sniff Flop & Drop lying down once / day

**PLUS 2 more sets of 10 reps** on the go i.e. sitting / standing over the course of the day

This is a starting dose and will need to be progressed in accordance with the principles of pelvic floor exercise training