

Be Aware of  
Excretion Functions and

# Strengthening Pelvic Floor Muscles



Having the right knowledge to care for  
Incontinence / Frequent urination / Constipation in the future



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「I once experienced urine leakage when I was outdoors...I am unable to enjoy travelling from the anxiety that it might happen again」

「I went on a bus trip with a friend, but was desperately searching for toilets at the rest areas rather than being able to enjoy the scenery...」

「When I sneeze, I leak a little...」

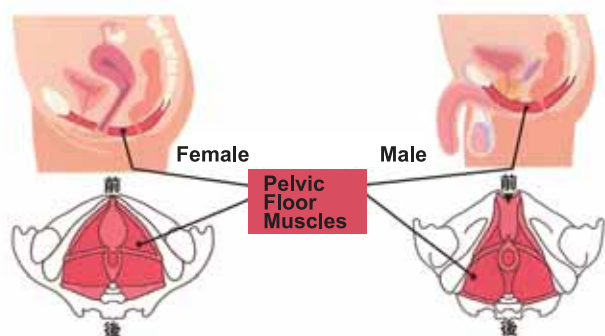
It is said that one in three women over the age of 40 has experienced urinary incontinence, and have concerns that they can't consult with others.

They often give up on finding solutions to resolve the problem, thinking it's "because of age" .

Everyone's body changes with age. Weakening of the pelvic floor muscles, which is one of them, is said to cause psychological damage due to symptoms such as urine leakage and the need to urinate frequently, leading to a decline in willingness to go out, withdrawal and cognitive decline, etc.

Therefore, let's gain basic knowledge such as the mechanism of excretion and specific preventive methods to train the pelvic floor muscles, to maintain your own identity and live an active lifestyle.

## What are Pelvic Floor Muscles?



What are the Pelvic Floor (Pubococcygeal) Muscles?

The (Pubococcygeal) Muscles are the diamond shaped muscles lying at the bottom of the pelvis.

The organs in the pelvis, such as the bladder and uterus, play the role of a hammock supporting them so they don't sag. These muscles contract and relax, controlling urination and defecation.



## Positive Effects with Training your Pelvic Floor Muscles

**More Confidence Going Out** Training the pelvic floor muscles may have effects such as increased ability to hold in urine and the ability to control urination, as well as smooth urination.

**Improved Bowel Movement** By exercising the pelvic floor muscles, the internal organs are set in their correct position, and movement of intestines is improved. In some cases, constipation problems may be solved, no longer having to strain yourself during bowel movement.

**Tighter Abdominal Muscles** As the inner muscles in the pelvis are strengthened, the internal organs are aligned in their correct position, resulting in positive effects such as raised metabolism, and tightening of the abdominal muscles.

### Precautions

It is important to perform pelvic floor muscle exercises correctly. If you already have symptoms such as urine leakage or frequent urination, consult a medical institution as soon as possible. Also, if you experience pain during exercises, do not tolerate the pain and discontinue the exercises.

Instructions on the mechanism of the excretory function and pelvic floor muscle exercises can be viewed through the “Pelvic Floor Strengthening Exercises” DVD. This DVD can be rented at the Shizuoka City Library.

## Pelvic Floor Muscle Strengthening DVD



[Select Chapter from Main Screen]

- Excretory Function in Old Age (10mins.)
- Pelvic Floor Muscle Strengthening Exercises (20mins.)

If you want to watch everything from the start, press Play from Start (30mins.)  
(Excretory function in old age ~ Pelvic floor muscle strengthening exercises)



[Excretory Function & Excretory Dysfunction]

- Bladder Function ○Mechanism of urination and defecation
- Dysfunction of Excretion (Urine leakage • frequent urination • constipation, etc.)
- What are the pelvic floor muscles?

This explains simply the basics of the mechanism of the bladder and how to prevent incontinence and constipation (method)



[Training your pelvic floor muscles]

- Stretches to raise blood flow (upper body & lower body)
- Pelvic floor muscle exercises (breathing methods & exercise methods)
- Precautions for when doing exercises

Blood flow is raised from the pre-exercise stretches, raising the body's metabolism. Abdominal breathing can be learned along with how to squeeze the pelvic floor exercises in a sitting, standing and lying position while watching the video.

Proper preventative measures and care are important for elimination of dysfunction. Females in their 40s, as well as older men, are more likely to have excretion problems. Let's learn about the correct knowledge of excretion and preventative measures, and let's take action promptly.

This exercise can be done wherever you are, whether you are sitting down watching TV or standing at a bus stop waiting for a bus.

## Pelvic Floor Exercises in the Sitting Position



Simultaneously practice abdominal breathing and tighten the pelvic floor muscles (like tightening the rectum).

Inhale lightly

① Exhale slowly through your mouth.

② Tighten the pelvic floor muscles with the image of pulling them toward your head.

Exhaling makes it easier to raise the pelvic floor muscles.

\* Perform 1 and 2 simultaneously.



Next

① Inhale slowly through the nose.

② Relax the pelvic floor muscles.

Relax your whole body.

Repeat the exercise 5 times tightening and relaxing the pelvic floor muscles as you breathe.

Be careful not to reverse the timing of exhaling and inhaling.

## Pelvic Floor Exercises in the Standing Position



Prepare something you can hold onto.

Place a ball or cushion between your thighs. Perform 1 & 2 while holding it so that you don't drop it.

① Slowly exhale through your mouth

② Raise your heels slowly.



Perform 1 & 2, trying not to drop the ball from between your thighs.

① Inhale through your nose

② Lower your heels slowly.

Repeat this exercise slowly 5 times.