***How to have a healthy functioning pelvic floor***

* **Awareness:** be aware of your pelvic floor.
* **Exercise your pelvic floor muscles**. Your exercise routine should include short and prolonged muscle contractions. Feel like you are closing all three openings, from back to front, and lifting them up ( do not push down ).
* “**Lock up**” before sneezing, coughing or before an action that makes you leak on a daily basis.
* Control and stop “**bad habits**”:

Bad habits can include: using the facilities every time before leaving the house, every time one enters their home, immediately when starting to wash dishes etc.

* When you are used to voiding very often, try postponing the next time you need to go. **Try making the gaps longer.**
* When the need to void is accompanied by an intense urge feeling, stop and distract yourself. contract your pelvic muscles 5 times for 5 seconds each time, or “hold it in” by crossing your legs, or just “hold it” in etc. **Try to control that feeling of urge and not let it control you.**
* **Relaxing**: in order to void correctly and completely, it is important to know how to relax and loosen the pelvic floor muscles.

While relieving yourself try to stay relaxed by practicing deep breaths. It is important to empty out completely; therefore, do not get up before you are done.

* If voiding is difficult, do not push. Begin by elevating your legs on to a stool and leaning forward, and possibly rub your stomach and or lower back.