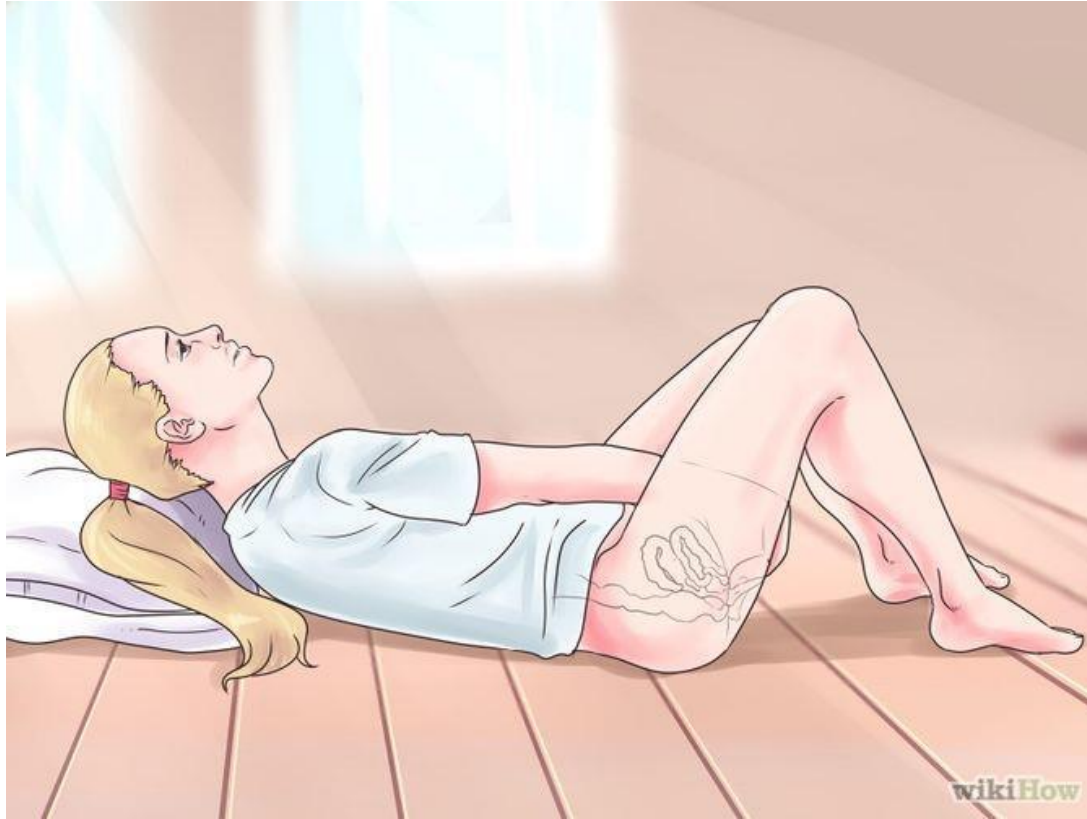


How to check for tension in your Pelvic Floor Muscles



Lie down with your head and shoulders propped up on pillows, bend your knees and relax them out on to pillows.

Or you can do it when you are in the bath, with your knees bent and resting against the sides.

Gently insert your clean right thumb (make sure your nails are short) in to the vagina, with the pad facing downwards. **Only go as far as comfortable.** Try to keep your head and shoulders relaxed.

If you can comfortably insert your thumb fully in to your vagina, angle the thumb pad in a left diagonal downwards direction.

The thumb pad should now be resting on your left pelvic floor muscles. If completely comfortable with your thumb pad resting on the muscles, gently press your thumb in to the muscles.

Do you feel any tenderness as you gently press down?

Breathe in to your abdomen, then as you breathe out, see if you can relax and release the pelvic floor muscles – you may feel your thumb pad move downwards as the muscles release.

Can you release the muscles a bit more...and a bit more?

This is a release/drop/lengthening sensation **NOT** a bearing down /push sensation.

You can check the right side of your pelvic floor muscles using your left thumb in the same way as described above.



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board