

Pelvic Floor Exercises

MANY WOMEN WILL SUFFER FROM URINARY STRESS INCONTINENCE FOLLOWING CHILDBIRTH OR DURING MENOPAUSE. THE FOLLOWING EXERCISE CAN HELP IMPROVE PELVIC FLOOR STRENGTH.

1. Lay flat on your back on the floor, with or without a small pillow under your head. Bend knees at a comfortable angle.
2. Place a tennis ball between your knees.
3. Fully exhale – and hold breath out.



4. Squeeze tennis ball with your knees and lift bottom off the floor HOLD for the count of 6 seconds.
5. Breathe in and relax to starting position
6. Repeat four to eight times twice daily, depending on your ability. Start slowly and build-up over the first two to three weeks.



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SUE DENGATE; talks about kids diets, food additives and your child's behaviour. If you missed out and would like further information, please visit 'The mother of all food additive websites' www.fedup.com.au

MOTHERS AND BABIES GROUPS; Dr Boord and Dr Sweeney available for talks at your mothers and babies group, topics covered include Colic, Reflux, Feeding, Sleeping and more. If you would like one of us to visit your group, please contact us via email and we will organise a day and time that suits.