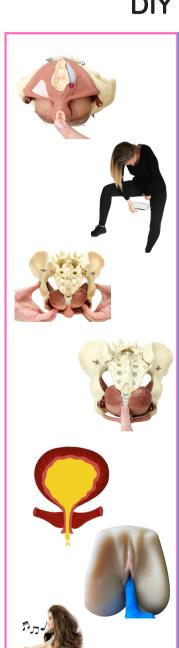
Pelvic Floor Muscle Training: Identify

7 ways to FIND your pelvic floor muscles!

DIY "Do It Yourself" Pelvic floor self check



Finger on or in Anus

Use a mirror to look

Fingers in "C" pushing up

Finger on Coccyx

Urine stop test

Finger on or in Vagina

Sing

Contract: the anus tightens, closes and lifts

Contract: the openings close and lift

Contract: feel the muscles lift up and inward

Contract: the coccyx flexes forward

Contract: urine flow stops

Contract: the vagina tightens and lifts

Contract: sing "EEEK" (PFM lift) Let Go: the anus opens, relaxes, and lowers

Let Go: the openings relax and lower

Let Go: feel the muscles lower into your fingertips

Let Go: the coccyx returns to neutral

Let Go: urine flow starts & continues

Let Go: the vagina opens and relaxes

Let Go: sing "GRRR" (PFM lower) The PFM control the anus and WHEN poop/gas exit

Watch the openings without clothes on

Feel the deep PFM just inside the ischial tuberosities

The PFM attach to the tailbone and move it

The PFM control the urethra and WHEN urine exits. Try this infrequently on the toilet.

The PFM wrap around the vagina and help with tone

The PFM are part of your core. They work with your diaphragm.

