

# Pelvic Floor Muscle Training: Identify

## 7 ways to FIND your pelvic floor muscles!

### DIY "Do It Yourself" Pelvic floor self check

 	<p><b>Finger on or in Anus</b></p>	<p><b>Contract:</b> the anus tightens, closes and lifts</p>	<p><b>Let Go:</b> the anus opens, relaxes, and lowers</p>	<p>The PFM control the anus and WHEN poop/gas exit</p> <p>Watch the openings without clothes on</p>
	<p><b>Fingers in "C" pushing up</b></p>	<p><b>Contract:</b> feel the muscles lift up and inward</p>	<p><b>Let Go:</b> feel the muscles lower into your fingertips</p>	<p>Feel the deep PFM just inside the ischial tuberosities</p>
	<p><b>Finger on Coccyx</b></p>	<p><b>Contract:</b> the coccyx flexes forward</p>	<p><b>Let Go:</b> the coccyx returns to neutral</p>	<p>The PFM attach to the tailbone and move it</p>
	<p><b>Urine stop test</b></p>	<p><b>Contract:</b> urine flow stops</p>	<p><b>Let Go:</b> urine flow starts &amp; continues</p>	<p>The PFM control the urethra and WHEN urine exits. Try this infrequently on the toilet.</p>
	<p><b>Finger on or in Vagina</b></p>	<p><b>Contract:</b> the vagina tightens and lifts</p>	<p><b>Let Go:</b> the vagina opens and relaxes</p>	<p>The PFM wrap around the vagina and help with tone</p>
	<p><b>Sing</b></p>	<p><b>Contract:</b> sing "EEEEK" (PFM lift)</p>	<p><b>Let Go:</b> sing "GRRR" (PFM lower)</p>	<p>The PFM are part of your core. They work with your diaphragm.</p>

Need help? See a pelvic PT or OT!