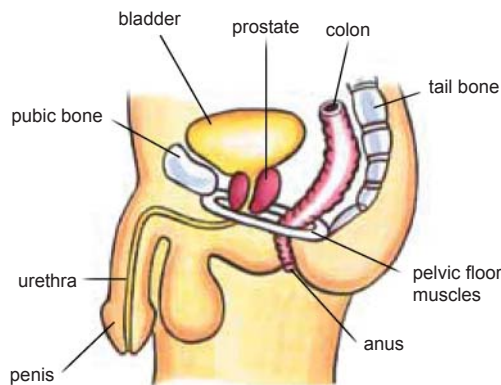




WHAT ARE THE PELVIC FLOOR MUSCLES?

The floor of the pelvis is made up of layers of muscle and other tissues. These layers stretch like a hammock from the tailbone at the back, to the pubic bone in front.

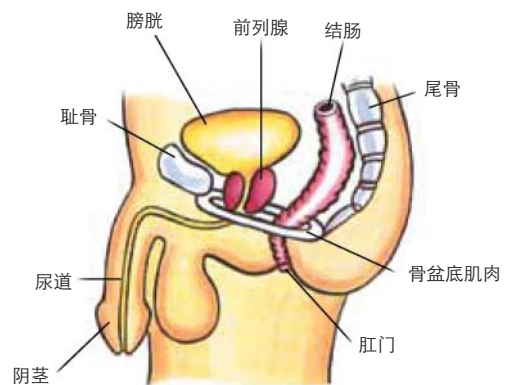
A man's pelvic floor muscles support his bladder and bowel (colon). The urine tube and the back passage pass through the pelvic floor muscles. Your pelvic floor muscles help you to control your bladder and bowel. They also help sexual function. It is vital to keep your pelvic floor muscles strong.



什么是骨盆底肌肉？

骨盆底是由多层肌肉及其它组织构成的。这些肌肉及组织像吊床一样，从背后的尾骨延伸至前面的耻骨。

男性的骨盆底肌肉支撑其膀胱及大肠（结肠）。尿道及肛门穿过骨盆底肌层。你的骨盆底肌肉帮助你控制大小便。它们也有助于性功能。保持骨盆底肌肉强健十分重要。



WHY SHOULD I DO PELVIC FLOOR MUSCLE TRAINING?

Men of all ages need to have strong pelvic floor muscles.

Pelvic floor muscles can be made weaker by:

- surgery for bladder or bowel problems;
- constipation;
- being overweight;
- heavy lifting;
- coughing that goes on for a long time (such as smoker's cough, bronchitis or asthma); or
- not being fit.

Men with stress incontinence – that is, men who wet themselves when they cough, sneeze or are active – will find pelvic floor muscle training can help in getting over this problem.

我为什么需要做骨盆底肌肉锻炼？

男性在任何年龄都需要强有力的骨盆底肌肉。

以下原因会令骨盆底肌肉变弱：

- 治疗膀胱或大肠疾病的外科手术；
- 便秘；
- 肥胖；
- 提举重物；
- 长期持续性咳嗽（如吸烟咳嗽、患支气管炎或哮喘）；或
- 身体虚弱。

有压力性大小便失禁的男性——也就是咳嗽、打喷嚏或做运动时会尿湿裤子的男性——会发现骨盆底肌肉锻炼有助于解决这个问题。





Pelvic floor muscle training may also be of use for men who have an urgent need to pass urine more often (called urge incontinence).

Men who have problems with bowel control might find pelvic floor muscle training can help the muscle that closes the back passage. This muscle is one of the pelvic floor muscles.

WHERE ARE MY PELVIC FLOOR MUSCLES?

The first thing to do is to find out which muscles you need to train.

1. Sit or lie down with the muscles of your thighs and buttocks relaxed. It may be helpful to use a hand mirror to watch your pelvic floor muscles as they pull up.
2. Squeeze the ring of muscle around the back passage as if you are trying to stop passing wind. Now relax this muscle. Squeeze and let go a couple of times until you are sure you have found the right muscles. Try not to squeeze your buttocks.
3. When you go to the toilet to empty your bladder, try to stop the stream of urine, then start it again. Do this to learn which muscles are the right ones to use - but only once a week. Your bladder may not empty the way it should if you stop and start your stream more often than that.
4. Stand sideways in front of a mirror with no clothes on. As you pull in your pelvic floor muscles strongly and hold them, you should see your penis draw in and your scrotum lift up.

If you don't feel a distinct "squeeze and lift" of your pelvic floor muscles, or if you can't slow your stream of urine as talked about in Point 3, or you do not see any lift of your scrotum and penis as talked about in Point 4, ask for help from your doctor, physiotherapist, or continence nurse. They will help you to get your pelvic floor muscles working right. Men with very weak pelvic floor muscles can benefit from pelvic floor muscle training.

骨盆底肌肉锻炼对于经常因尿急需要排尿（称为紧迫性失禁）的男性同样有用。

有大便控制障碍的男性会发现骨盆底肌肉锻炼对肛门括约肌有作用。这块肌肉是骨盆底肌肉群中的一块。

我的骨盆底肌肉在哪里？

首先要找出你需要锻炼哪些肌肉。

1. 坐下或躺下，放松大腿及臀部的肌肉。用一面小镜子观察骨盆底肌肉收缩会有帮助。
2. 收紧肛门周围的环形肌，就像你正尽力忍着不排气一样。然后放松这块肌肉。收紧及放松数次，直到确定你已经找到正确的肌肉为止。尽量不要收紧臀部。
3. 当你去厕所小便时，试着中断尿流，然后重新开始排尿。通过这样做来了解该用哪些肌肉——但只能每星期做一次。如果中断后重新开始排尿超过一次，你的膀胱可能不会以正常方式排空。
4. 不穿衣服侧身站在镜子前。当你用力收紧骨盆底肌肉并保持收紧时，应该看到你的阴茎内缩，阴囊上提。

如果你没有明显感觉到骨盆底肌肉“收紧及提起”，或者如果你不能像第3点提到的那样减慢排尿，或者完全看不到第4点提到的阴囊和阴茎上提，就要向你的医生，理疗师，或排便科护士寻求帮助。他们会帮你令你的骨盆底肌肉正常工作。骨盆底肌肉非常弱的男性将会从骨盆底肌肉锻炼中受益。





HOW DO I DO PELVIC FLOOR MUSCLE TRAINING?

Now that you can feel the muscles working, you can:

- Squeeze and draw in the muscles around your urine tube and back passage at the same time. Lift them UP inside. You should have a sense of “lift” each time you squeeze your pelvic floor muscles. Try to hold them strong and tight as you count to 8. Now, let them go and relax. You should have a distinct feeling of “letting go”.
- Repeat (squeeze and lift) and let go. It is best to rest for about 8 seconds in between each lift up of the muscles. If you can't hold for 8, just hold for as long as you can.
- Repeat this “squeeze and lift” as many times as you can, up to a limit of 8 to 12 squeezes.
- Try to do three sets of 8 to 12 squeezes each, with a rest in between.
- Do this whole training plan (three sets of 8 to 12 squeezes) every day while lying down, sitting or standing.

While doing pelvic floor muscle training:

- keep breathing;
- only squeeze and lift;
- do NOT tighten your buttocks; and
- keep your thighs relaxed.

DO YOUR PELVIC FLOOR MUSCLE TRAINING WELL

Fewer good squeezes are better than a lot of half hearted ones! If you are not sure that you are doing the squeezes right, or if you do not see a change in symptoms after 3 months, ask for help from your doctor, physiotherapist, or continence nurse.

MAKE THE TRAINING PART OF YOUR DAILY LIFE

Once you have learnt how to do pelvic floor muscle squeezes, you should do them. Every day is best. You should give each set your full focus. Make a regular time to do your pelvic floor muscle squeezes. This might be after going to the toilet, when having a drink, or when lying in bed.

我如何做骨盆底肌肉锻炼?

既然你可以感觉到肌肉在运动，你就可以：

- 同时收紧并向内收起尿道及肛门周围的肌肉。将这些肌肉向内向上提。每次收紧骨盆底肌肉时，你应该有“提起”的感觉。尽量一边用力保持收紧一边数到8。然后放松这些肌肉并让自己松弛下来。你应该有明显的“放松”感觉。
- 重复（收紧及提起）然后放松。最好在每次提起肌肉之间休息8秒左右。如果你收紧不能坚持数到8，只需量力而为。
- 尽量多次重复这种“收紧及提起”锻炼，每组最多收紧8至12次。
- 尽量做3组8至12次收紧，每组之间要休息。
- 每天在躺下、坐下或站立时做完整套锻炼计划（3组8至12次收紧）。

进行骨盆底肌肉锻炼时：

- 保持正常呼吸；
- 只收紧及提起；
- 不要绷紧臀部；以及
- 保持大腿放松。

认真进行骨盆底肌肉锻炼

认真地做几次收紧锻炼比马马虎虎地做很多次效果好！如果你不确定你的收紧锻炼做得是否正确，或者3个月之后症状未改变，就要向你的医生、理疗师或排便科护士寻求帮助。

让锻炼成为你日常生活的一部份

你一旦学会了如何做骨盆底肌肉收紧锻炼，就要进行锻炼。最好是每天都做。你应该全心全意地做每一组锻炼。你应该定时做骨盆底肌肉收紧锻炼，可以在去厕所之后，喝东西时，或者躺在床上时锻炼。





Other things you can do to help your pelvic floor muscles:

- Share the lifting of heavy loads.
- Eat fruit and vegetables and drink 1.5 - 2 litres of fluid per day
- Don't strain when using your bowels.
- Ask your doctor about hay fever, asthma and bronchitis to ease sneezing and coughing.
- Keep your weight within the right range for your height and age.

SEEK HELP

Qualified nurses are available if you call the National Continence Helpline on 1800 33 00 66* (Monday to Friday, between 8.00am to 8.00pm Australian Eastern Standard Time) for free:

- Information;
- Advice; and
- Leaflets.

If you have difficulty speaking or understanding English you can access the Helpline through the free Telephone Interpreter Service on 13 14 50. The phone will be answered in English, so please name the language you speak and wait on the phone. You will be connected to an interpreter who speaks your language. Tell the interpreter you wish to call the National Continence Helpline on 1800 33 00 66. Wait on the phone to be connected and the interpreter will assist you to speak with a continence nurse advisor. All calls are confidential.

Visit bladderbowel.gov.au or continence.org.au/other-languages

* Calls from mobile telephones are charged at applicable rates.

其它对加强骨盆底肌肉有帮助的做法：

- 不要自己一人提举重物。
- 每天吃水果和蔬菜，饮用1.5—2升液体。
- 排大便时不要过度用力。
- 向你的医生查询花粉症、哮喘及支气管炎的治疗，以缓解打喷嚏及咳嗽。
- 保持你的体重处于符合你的身高及年龄的范围内。

寻求帮助

如果你致电国家排便节制热线，有资质的护士会接听你的电话1800 33 00 66*（周一至周五，澳大利亚东部标准时间8:00am—8:00pm）。

- 信息；
- 建议；及
- 资料册。

如果你在讲英语或者理解上有困难，你可以通过拨打13 14 50获取免费电话传译服务以接通国家排便节制热线。电话会用英语接通，因此请说明你要讲的语言并且不要挂机。你会被连接到一个讲你母语的传译员。告知传译员你想要致电国家排便节制热线，电话是1800 33 00 66。待电话接通后传译员会帮助你与排便节制护理顾问对话，所有的来电均保密。

请登陆：bladderbowel.gov.au或者continence.org.au/other-languages

* 用手机打出会收取相应费用。

