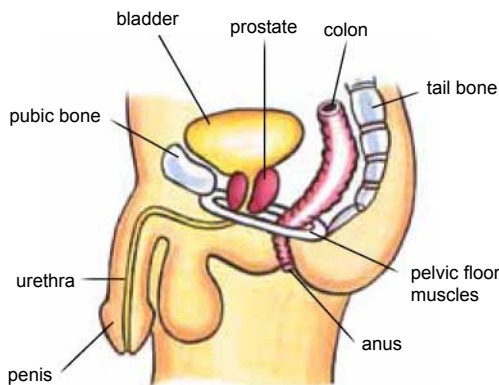




WHAT ARE THE PELVIC FLOOR MUSCLES?

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.

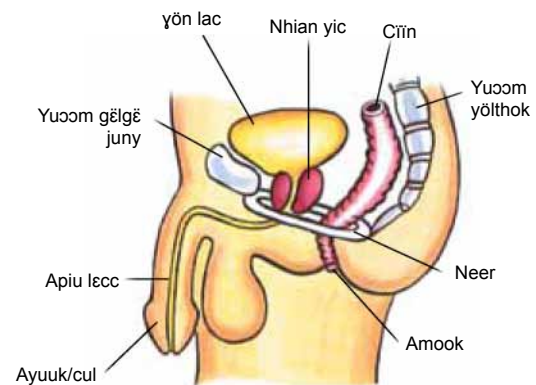
A man's pelvic floor muscles support his bladder and bowel (colon). The urine tube and the back passage pass through the pelvic floor muscles. Your pelvic floor muscles help you to control your bladder and bowel. They also help sexual function. It is vital to keep your pelvic floor muscles strong.



ACUEK ANJUM YE KÄNDÖ?

Anjum a lej yic acuek kuc juëc. Acuek kä cë riëëu raan anjum gol tuej yet ciëën cëmën awar cë thiet yöt yic.

Acuek anjum ë moc aa yäc ku alëëc duööt nhial. Dhël la roor ku dhël læc aa tëëk acuek anjum yic. Acuek anjum kä kek aa yï kony ba la roor ku laac ya muk nhïim bë käh cï ye wat path. Keek aya aa raan kony toot. Apath ba acuek kuun anjum njec ya muk nhïim bik cï lär.



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.

YEDÖ DHIL YËN RÄL CIËËN ACUEK DUÄÄNY?

Rööl wëëc ruön ken yiic aa dhil laj acuek anjum ril tör.

Käkä aa læu bik räl acuek cöl a lär nyin:

- Ret bï raan ret të yäc/alëëc cak;
- Kuil;
- Cuai;
- Jön ka thiek;
- yool këc lac kööc (cëmën yool raan math tap yäär, tonjol wälä Adhiäma); wälä
- Niööp guöp.

Rööl cï acuek anjum cïn lär – rööl röt læc të yool kek, tïim kek wälä të tuuk kek – aa bë laj tëthi kek acuek anjum ku tækdä ka bë njec ya gum të këc ror dööt.





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.

Duëëny acuek aŋuum aya a lëu bë rööR kony laac (bik cï ye kööl kaam bär yic ke tit lac).

RööR rec yäac ken aa lëu bik laŋ tËthi tË duëëny kek acuek aŋuum rin bik ror cï ye dääk. Acuek wën raan col agum tË wïc yen la roor aa nuët kek acuek aŋuum ebën.

**ACUEK CIËËN ANJUM TÖUKÄ TËNO?**

Kë ba kaŋ looi ee ba ŋic ye acuek nen kek wïc duëëny.

1. Nyuöøjë wälä tääjë yï taar ku päL yï yööm piny ku duk yï thar rot. Na wïc ka yï muk macaar yï thar ba acuek kuun aŋuum tiŋ tË ye kek kë riëëc ebën miëct thïn ku pälkä.
2. Rot yï thar ciët yï pën köth. PäL yic piny. Ye yï thar rot ku päL yic kë gäk yic rin ba tË ye acuek aŋuum luui thïn deet. Duk aŋuem ye nyiith yiic.
3. Na lo laac, ka them ba læc teem kööth bin bin ye lëu, ku bën laac dhuök. Loi kën rin ba acuek aŋuum lac ku duut ŋic – ku ye looi kën yic tök wik yic. Aläny du a lëu bë cak tË ye yïn læc teem kööth abak.
4. Käac ariään macaar nyin ka yï cë yï yöi wël macaar. Ka yï mit acuek aŋuum ku dut, tiŋ cuöl du ku nhian ku lon ye kek röt jöt ku këëckä.

Na cïn tË ye yök, wälä cïn tË ye yïn læc teem kööth tË mën wën cï ye lueel aban diäkic, wälä cuöl du ku nhian ku aa cï ye tiŋ ke jöt röt ku këëckä cëmën wën cï ye lueel aban ŋuanic, ka yï la ten akiem du, raan duun yï duääny wälä akuonyakim ë thiu thar. Keek köcc kä aa lëu bik yï kony ba acuek kuun aŋuum cök piny. RööR cï acuek aŋuum nyïn lär aa lëu bik tËthi yök tË duëëny kek acuek keen aŋuum.





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.

BA ACUEK ANJUM DUÄÄNY KADÄ?

Mën cïn acuek kuun anjum jal njic tË ye kek luui thïn, yïn a lëu:

- A lëu ba læc ku la roor duut tök. A lëu ba yï yic njöp ku miæt këriëc ebën nhial. A lëu ba acuek anjum ya yök ke jot këriëc ebën nhial tË njöp yïn yï yic. Them ba muk nyien tök ku jol kuen yet 8. Bën ke puöl yiic. A lëu ba gua yök tË ye yïn yic wuu thïn tË pël yïn acuek anjum yiic.
- Beric (nyith ku rat nhial) ku päl yic. Apath ba ya lõn mocmooc ka 8 ku bën looi. Na cï lëu ba rot ku njöp mocmooc ka 8, ka them ba kaam bär yic tË cit tË ba lëu.
- Beric "röt ku njöp" yic arak juääc yet 12.
- Them ba looi kën yic bët yet thiäär ku rou arak tök, ku dhil ya lõn kam ken.
- Ye kën looi (arak 8 yet 12) abak ka yï cë töc piiny, wälä ka yï cë nyuc wälä ka yï käac.

Ka yï duëëny acuek anjum:

- Ye wëëi;
- Ye rot ku jot path;
- Ye nhiaacic ku jat nhial; ku
- Päl yï yööm piny.

YE ACUEK ANJUM NJIC DUÄÄNY

Na ye acuek anjum njic rot ku jot keek arak lik yiic ka cë cit tË yïn ye looi arak juääc ku a cï ye njic looi! Na kuc lõn yïn acuek anjum njic rot ku jot keek wälä na cïn kë cë rot waar psy ka diäk yiic, ka yï col rot a kony akiem du, raan duun yï duääny wälä akuonyakim ë thiu thar.

LOI DUËËNY KËN BË YA KË DUUN YE LOOI ABAK

Na ca rut ku jön acuek anjum njic, ka path ba ya looi abak. Na ye looi abak ka path apsy. Ye yï puou täau thïn tË looi yïn yeen. Lõc kaam bïn acuek anjum ya duääny. Tekdä ka lëu ba ya looi kuat tË cïn la roor, tË dëk yïn, wälä tË cïn yï köu täac agerem nhom.





**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](http://bladderbowel.gov.au) or [continence.org.au/other-languages](http://continence.org.au/other-languages)

\* Calls from mobile telephones are charged at applicable rates.

**Kä k3k l3u ba looi ba acuek anjuum c3l a ril:**

- Ye rot c3l a kony t3 j3t y3n k3 thiek.
- Ye cam m3th tiim ku li33m ku dek b33ny piu ka dhetem yet b3t k33l t3k yic.
- Duk ye c3l ap3y t3 le y3n roor.
- Thi3c ak3m t3 c3 y3n th33th, muk adhiama ku tonjol nh33m tiim ku 333l.
- C3l cuaidu aye t3 kaam b3r du yic kek ru3n ku.

**W3C KU33NY**

Mathaat ak3m c3 pi3c aab3 t3 na y3 ayup telepun Ku33ny Baai k3k thi u thar ee n3mra k3n3c t3k, b3t, gueu, di3k, di3k, gueu, dhetem, dhetem\*/ 1800 33 00 66\* (ak3l T3k agut ak3l Dhi3c ee L33t3c (Monday- Friday) kaam thaa b3t nhi3k-duur (8am) ku thaa b3t th33i (8pm) ee thaa k3c Australia ci33 Ci33n) aye g3m k3c ab3c:

- L3k/W3l;
- W33t; ku
- Ath3r thiin 3 l3k.

Na y3n acie nj3c jam th33 English api3th ka y3n al3u ba telpun lu3i ye k3c Ku33ny w3r thokic yu3p. C3l n3mra k3n3 t3k di3k, t3k, nuan, dhi3c/13 14 50. Tuenjic, ab3 raan k33 dhuk nhom ee th33 English, luel th333du3n ee y3n jam ku ti33t ee telepunic. Y3n ab3 tu33m thok kek raan k3c waar thook/duw3r jam th333du, ku jal kek l3k w3t3du3n w3c ee y3n k3c Baai Ku33ny K3k thi u thar yu3p ee n3mra k3n3c t3k, b3t, gueu, di3k, di3k, gueu, dhetem, dhetem/ 1800 33 00 66. Ti33t ee telepunic ku b3 y3 gam ku duw3r ab3 kony ba jam kek mathaat ak3m k3c l3k. Telepun duw3r aye k3c yup th3n ab3c/majan ee rin c3n en w3u ye w3c t3n3 y3n. Kek w3l 3b3n aye thiaan yiic.

Nem thi3lnyin eet [bladderbowel.gov.au](http://bladderbowel.gov.au) wul3 continence.org.au/other-languages (thok-thok k3k yiic)

\* Yup mobaalic ee w3u cam t3c3t c3t baai 3t3n.

