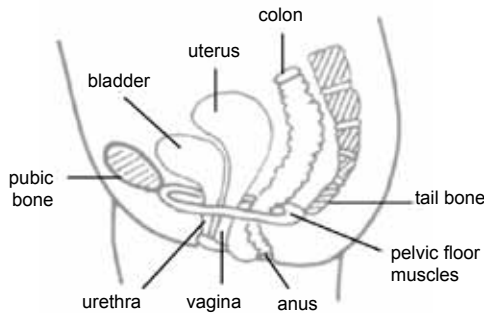




WHAT ARE THE PELVIC FLOOR MUSCLES?

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.

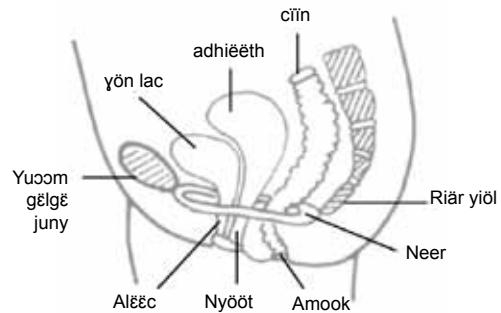
A woman’s pelvic floor muscles support her bladder, womb (uterus) and bowel (colon). The urine tube (front passage), the vagina and the back passage all pass through the pelvic floor muscles. Your pelvic floor muscles help you to control your bladder and bowel. They also help sexual function. It is vital to keep your pelvic floor muscles strong.



ACUEK ANJUM YE KÄNDÖ?

Na cï meth dhiëëth, ka yïn alëu ba acuek anjum ya duääny të lëu yen rot. aköl them ba acuek anjumdu ya “ñiëëc” piiny (ye nhiaaic ku muk) keya kaam binë yool, tïim wulë të jot yï’n meth. Kënë ee kë path ye col “ba rot duääny”.

Acuek anjum ë tik aa alëëc, adhiëëth ku yäc duööt nhial. Dhël lac, wath ku dhël la roor aa tëëk acuek anjum yic. Acuek anjum kä kek aa yï kony ba la roor ku laac ya muk nhïim bë këñ cï ye wat path. Keek aya aa tik col a ñic töu ke moc. Apath ba acuek kuun anjum ñiëc ya muk nhïim bik cï luär.



WHY SHOULD I DO PELVIC FLOOR MUSCLE TRAINING?

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

Pelvic floor muscles can be made weaker by:

- not keeping them active;
- being pregnant and having babies;
- constipation;
- being overweight;
- heavy lifting;
- coughing that goes on for a long time (such as smoker’s cough, bronchitis or asthma); and
- growing older.

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

YENÖ DHIL YËN ACUEK CIËËN ANJUM DUÄÄNY?

Diäär wëëc ruön ken yiic aa dhil lañ acuek anjum ril tör.

Käkä alëu bïk acuek anjum col a luär nyïn:

- të cïn acuek anjum ye duääny;
- liëc ku dhiëth;
- Kuil;
- Cuai;
- Jön ka thiek;
- yool këc lac kööc (cëmën yool raan math tap yäär, tongol wälä Adhiäma); wälä
- Dhiööp.

Diäär cï acuek anjum cïn läär – rööl röt läc të yool kek, tïim kek wälä të tuuk kek – aa bë lañ tëthi kek acuek anjum ku tekda ka bë ñiëc ya gum të këc ror dööt.





For pregnant women, pelvic floor muscle training will help the body cope with the growing weight of the baby. Healthy, fit muscles before the baby is born will mend more easily after the birth.

After the birth of your baby, you should begin pelvic floor muscle training as soon as you can. Always try to “brace” your pelvic floor muscles (squeeze up and hold) each time before you cough, sneeze or lift the baby. This is called having “the knack”.

As women grow older, the pelvic floor muscles need to stay strong because hormone changes after menopause can affect bladder control. As well as this, the pelvic floor muscles change and may get weak. A pelvic floor muscle training plan can help to lessen the effects of menopause on pelvic support and bladder control.

Pelvic floor muscle training may also help women who have the urgent need to pass urine more often (called urge incontinence).

**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, buttocks and stomach relaxed.
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 sitting on 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.

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, ask for help from your doctor, physiotherapist, or continence nurse. They will help you to get your pelvic floor muscles working right.

Women with very weak pelvic floor muscles can benefit from pelvic floor muscle training.

Tën tij liac, duëëny acuek anjum a bë ye kony bë manh tïu yiëëc njec yäac. Na ril acuek anjum ka bë njec lök dem të le meth dhiëëth.

Na cë meth dhiëëth, ka tik apiath bë acuek anjum ya duääny – ku loc gol. Ye rot duut të yool yin, tïim yin, wälä të jot yin meth. Kën ee kë path ba “njieëc”.

Na la tik ka dhiop, ka path bë acuek anjom de ya reër ke ril rin ye guöp ye yic waar ku lär acuek nyin ku kën a lëu bë tik col ye rot läc. Acuek anjum aa lëu bik nyin lär. Na ye tik acuek anjum duääny, ka acuek anjum aa lëu bik reër ke ril tör – cok alä dhiop tik.

Duëëny acuek anjum aya a lëu bë diäär kony laac bik röt ci ye läc të ci læc thiök (bik ci ye kööl kaam bär yic ke tit lac).

**RÄL ACUEK CIËËN ANJUM TËUKÄ TËNO?**

Kë ba kañ looi ee ba njic ye räl acuek nen kek wic duëëny.

- 1. Nyuöøjë wälä tääjë yi taar ku päl yi yööm piny ku duk yi thar rot. Na wic ka yi muk macaar yi thar ba acuek kuun anjum tij të ye kek kë riëëc ebën miëet thïn ku pälkä.
2. Rot yi thar ciët yi pën köth. Päl yic piny. Ye yi thar rot ku päl yic kë gäk yic rin ba të ye acuek anjum luui thïn deet. Duk anjem ye nyiith yiic.
3. Na lo laac, ka them ba læc teem kööth bin bin ye lëu, ku ben laac dhuök. Loi kën rin ba acuek anjum lac ku duut njic – ku ye looi kën yic tök wik yic. Aläny du a lëu bë cak të ye yin læc teem kööth abak.

Na cïn të ye yök, “ka nyith ku rat nhial”wälä cïn të ye yin læc teem kööth të mën wën ci ye lueel abañ 3 yic, wälä cuöl du ku nhian ku aa ci ye tij ke jot röt ku këëckä cëmën wën ci ye lueel abañ 4 yic, ka yi la tën akiëm du, raan duun yi duääny wälä akuonyakim ë thi u thar. Keek koc kä aa lëu bik yi kony ba acuek kuun anjum cok piny. Röör ci acuek anjum nyin luär aa lëu bik tēthi yök të duëëny kek acuek keen anjum.

Diäär ci räl acuek nyin luär aa lëu bik tēthi yök të duëëny kek acuek keen anjum.





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 back passage and your vagina 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) each 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 often. Every day is best. You should give each set of squeezes 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 lönj mocmooc ka 8 ku bën looi. Na cï lëu ba rot ku njöp mocmooc ka 8, ka them ba kaam bär yic tË cït tË ba lëu.
- Beric "nyith ku rat nhial" yic arak juäac tË cït tË wïc ku duk col want 12.
- Them ba looi kën yic 8 yet 12 arak tök, ku dhil ya lönj kam ken.
- Ye kën looi (arak 8 yet 12) abak ka yï cë tËc piiny, wälä ka yï cë nyuc wälä ka yï käac.

Ka yï loi duëëny räi acuek anjum:

- Ye wëëi;
- Ye nyith ku rat nhial;
- Duk anjem ye nyiith yiic; ku
- Päl yï yööm piny.

YE ACUEK ANJUM NJIC DUÄÄNY

Na ye acuek anjum njic rot ku jot keek arak lik yiic ka cë cït tË yïn ye looi arak juäac ku a cï ye njic looi! Na kuc lon yïn acuek anjum njic rot ku jot keek wälä na cïn kë cë rot waar pëy ka 3 diäk yiic, ka yï col rot a kony akiëm du, raan duun yï duäany 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 apëy. Ye yï puöu tääu thïn tË looi yïn yeen. Læc kaam bïn acuek anjum ya duäany. Tëkdä 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:**

- Use “the knack” - that is, always try to “brace” your pelvic floor muscles (by squeezing up and holding) each time before you cough, sneeze or lift anything.
- 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 kök lëu ba looi ba acuek ajuum cöl a ril:**

- Diëëjë – loi kalä, ye yï ajuum dööt apath (ba acuek ajuum rot ku jot keek) tË yool yïn, tË tiim yïn wälä tË jot yïn kë thiek.
- Ye rot cöl a kony tË jot yïn kë thiek.
- Ye cam mïth tiim ku yïth tiim ku ye lita tök ku abak agut litaa karou (dek 1.5 – 2 lita) pïu dek aköl tök.
- Duk ye cöl apëy tË le yïn roor.
- Thiëc akïm tË cï yïn thëeth, tË leñ yïn adhiama ku tongol rin kony tiim ku yool.
- Duk rot cöl añer piny rien cuai Ye cuai du cöl a thöñ rot.

**WÏC KUËËNY**

Mathaat akïm cï piöc aabi tö na yï ayup telepun Kuëëny Baai käk thiu thar ee nïmra këneic tök, bët, gueu, diäk, diäk, gueu, dhetem, dhetem\*/ 1800 33 00 66\* (aköl Tök agut aköl Dhiëc ee Läätic (Monday- Friday) kaam thaa bët nhiäk-duur (8am) ku thaa bët thëëi (8pm) ee thaa koc Australia ciëñ Ciëën) aye gäm koc abec:

- Lëk/Wël;
- Wëët; ku
- Athör thiin ë lëk.

Na yïn acie njiëc jam thon English apiëth ka yïn alëu ba telpun luoi ye koc Kuëny wër thokic yuöp. Cöl nïmra këne tök diäk, tök, ñuan, dhiëc/13 14 50. Tueñic, abi raan kony dhuk nhom ee thon English, luel thonduön ee yïn jam ku tiëët ee telepunic. Yïn abi tuööm thok kek raan koc waar thook/duwër jam thuoñdu, ku jal kek lëk wëtduön wïc ee yïn koc Baai Kuëny Käc thiu thar yuöp ee nïmra këneic tök, bët, gueu, diäk, diäk, gueu, dhetem, dhetem/ 1800 33 00 66. Tiëët ee telepunic ku bi yï gam ku duwër abi kony ba jam kek mathaat akïm koc lëk. Telepun duwër aye koc yup thin abec/majan ee rin cïn en wëu ye wïc tënë yïn. Kek wël ëbën aye thiaan yiic.

Nem thiolnyin eet [bladderbowel.gov.au](http://bladderbowel.gov.au) wulë [continence.org.au/other-languages](http://continence.org.au/other-languages) (thok-thok kök yiic)

\* Yup mobaalic ee wëu cam tëcit cöt baai ëtën.

