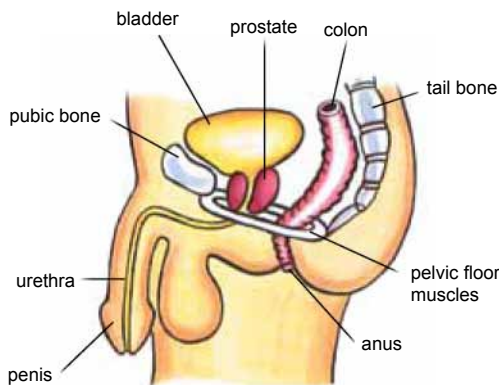




WHAT ARE THE PELVIC FLOOR MUSCLES?

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.

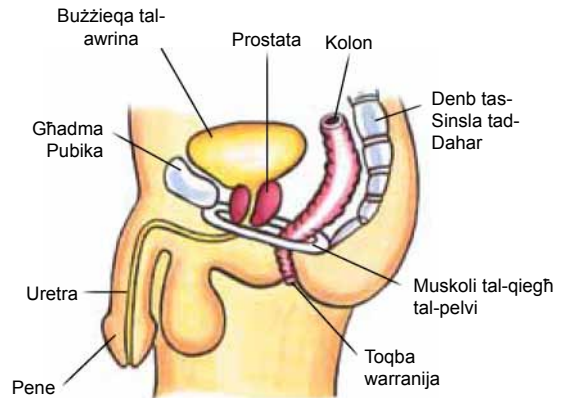
A man's pelvic floor muscles support his bladder and bowel (colon). The urine tube and the back passage pass through the pelvic floor muscles. Your pelvic floor muscles help you to control your bladder and bowel. They also help sexual function. It is vital to keep your pelvic floor muscles strong.



X'INHUMA L-MUSKOLI TAL-QIEGĦ TAL-PELVI?

Il-qiegħ tal-pelvi hi magħmula minn saffi ta' muskoli u tessuti oħra. Dawn is-saffi jiġġebdu bħal branda, mid-denb tas-sinsla fid-dahar sal-għadma pubika fuq quddiem.

Il-muskoli tal-qiegħ tal-pelvi tar-raġel jissapportjaw il-bużżieqa tal-awrina u tal-imsaren (kolon) tiegħu. It-tubu tal-awrina u l-passaġġ ta' wara jgħaddu mill-muskoli tal-qiegħ tal-pelvi. Il-muskoli tal-qiegħ tal-pelvi tiegħek jgħinuk tikkontrolla l-bużżieqa tal-awrina u msarneq. Jgħinu wkoll fil-funzjoni sesswali. Hu importanti li żżomm il-muskoli tal-qiegħ tal-pelvi tiegħek b'saħħithom.



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.

GHAX GHANDI NAGHMEL EŻERĊIZZJU TAL-MUSKOLU TAL-QIEGĦ TAL-PELVI?

L-irġiel tal-etajiet kollha għandhom bżonn ikollhom muskoli b'saħħithom tal-qiegħ tal-pelvi.

Il-muskoli tal-qiegħ tal-pelvi jistgħu jiddgħajfu minħabba:

- li tkun saret xi operazzjoni minħabba problemi tal-bużżieqa tal-awrina jew tal-imsaren;
- kostipazzjoni;
- ikollok piż żejjed;
- irfiġ ta' affarijiet tqal;
- sogħla għal żmien twil (bħal ngħidu aħna sogħla bħal ta' min ipejjep, bronkite jew aźma); jew
- ma tkunx f'kondizzjoni fiżika tajba.

Irġiel li jbatu minn inkontinenza kaġun tal-istress - jiġifieri, li jpixxu taħthom meta jisgħolu, jgħatsu jew huma attivi - ser isibu l-eżerċizzju tal-muskolu tal-qiegħ tal-pelvi ser jgħin biex din il-problem tingheleb.





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.

L-eżerċizzju tal-muskolu tal-qiegħ tal-pelvi jista' jgħin irġiel li jkollhom bżonn urġenti biex jagħmlu awrina aktar ta' spiss (magħrufa bħala inkontinenza f'daqqa (urge incontinence).

Irġiel li għandhom problemi biex jikkontrollaw il-bużżieqa tal-awrina jistgħu jsibu li l-eżerċizzju tal-muskolu tal-qiegħ tal-pelvi jista' jgħin il-muskolu li jagħlaq il-passaġġ ta' wara. Dan il-muskolu hu wieħed mill-muskoli tal-qiegħ tal-pelvi.

FEJN HUMA L-MUSKOLI TIEGHI TAL-QIEGĦ TAL-PELVI?

L-ewwel haġa li trid tagħmel hu li tagħraf liema muskoli trid teżercita.

- 1. Poġġi bilqiegħda jew imtedd bil-muskoli ta' kuxtejk u tal-warrani tiegħek mitluqin. Jista' ikun ta' għajjnuna jekk int tuża mera tal-idejn biex tosserva l-muskoli tiegħek tal-qiegħ tal-pelvi hekk kif jinġibdu 'l fuq.
2. Aghfas iċ-ċirku tal-muskolu madwar il-passaġġ ta' wara bħallikieku qed tipprova twaqqaf il-ħruġ tar-riħ. Issa irrilassa dan il-muskolu. Aghfas u erħi darbtejn sakemm tkun żgur li sibt il-muskoli t-tajba. Ipprova tissikax il-warrani tiegħek.
3. Meta tmur it-tojlit biex tbattal il-bużżieqa tal-awrina tiegħek, ipprova waqqaf il-fluss tal-awrina u mbagħad erga' ibda. Agħmel hekk biex titgħallem tagħraf liema huma l-muskoli t-tajbin li għandek tuża - imma agħmel dan darba fil-ġimgħa biss. Jista' jkun li l-bużżieqa tal-awrina tiegħek ma tizvojtax kif suppost jekk twaqqaf u terġa' tibda l-fluss tiegħek aktar ta' spiss minn hekk.
4. Oqgħod laġenba għarwien quddiem mera. Hekk kif tiġbed 'il ġewwa bil-qawwa l-muskoli tal-qiegħ tal-pelvi u żommhom, int għandek tara l-pene tingibed 'ilġewwa u l-iskrotu tiegħek jogħla 'l fuq.

Jekk ma tħossx b'mod distint "għafsa u refgħa" tal-muskoli tiegħek tal-qiegħ tal-pelvi, jew jekk int ma tistax tagħmel il-fluss tal-awrina tiegħek joħroġ aktar bil-mod hekk kif tkellimna f'Punt 3, jew ma tarax l-iskrotu u l-pene tiegħek jintrefa' kif semmejna f'Punt 4, iltob l-għajjnuna tat-tabib, il-fizjoterapista, jew in-ners tiegħek tal-kontinenza. Huma ser jgħinuk tagħmel il-muskoli tiegħek tal-qiegħ tal-pelvi jaħdmu kif suppost. Irġiel li għandhom muskoli tal-qiegħ tal-pelvi dgħajfin hafna jistgħu jibbenefikaw mill-eżerċizzji tal-muskoli tal-qiegħ tal-pelvi.





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.

KIF NAGHMEL L-EŻERĊIZZJI TAL-MUSKOLI TAL-QIEGĦ TAL-PELVI?

Issa li qed thoss il-muskoli jaħdmu, int tista':

- Tagħfas u tiġbed 'il ġewwa il-muskoli madwar it-tubu tal-awrina tiegħek u l-passaġġ ta' wara fl-istess ħin. Oġħllihom 'IL FUQ ġewwa. Int għandek jkollok sens ta' "telgħa 'l fuq" kull darba li tagħfas il-muskoli tiegħek tal-qiegħ tal-pelvi. Ipprova zommhom qawwija u magħfusin hekk kif tgħodd sa 8. Issa, erñihom u strieh. Int għandek thoss fiżgur li "qed terñi għal kollox".
- Irrepeti (agħfas u oġħlli) u ntefaq. L-añjar ñaġa li tista' tagħmel hu li tistrieħ għal xi 8 sekondi bejn kull darba li terfa' 'l fuq il-muskoli. Jekk ma tistax iżzomm għal 8, ipprova zomm sakemm tista'.
- Irrepeti dan "agħfas u oġħlli" daqs kemm-il darba tista', sa limitu ta' minn 8 sa 12 għafsiet.
- Ipprova agħmel tliet settijiet ta' minn 8 sa 12-il għafsa, b'perjodu ta' serñan bejniethom.
- Agħmel dan il-pjan sñiñ ta' eżercizzju (tliet settijiet ta' minn 8 sa 12-il għafsa) kuljum waqt li tkun mimdud, bilqiegħda jew bilwieqfa.

Waqt li tkun qed tagħmel l-eżercizzju tal-muskolu tal-qiegħ tal-pelvi:

- ibqa' ñu n-nifs;
- agħfas u oġħlli biss;
- TAGHFASX il-warrani tiegħek; u
- zomm il-koxox mistrieña.

AGHMEL SEWWA L-EŻERĊIZZJU TAL-MUSKOLU TIEGHEK TAL-QIEGĦ TAL-PELVI

Inqas għafsiet tajba huma añjar minn ñafna b' nofs qalb! Jekk m'intix ċert li qed tagħfas kif suppost, jew ma tara l-ebda bidla fis-sintomi wara 3 xhur, itlob l-għajjnuna tat-tabib, fizjoterapista, jew in-ners tiegħek tal-kontinenza.

AGHMEL L-EŻERĊIZZJU PARTI MILL-ĦAJJA TIEGHEK TA' KULJUM

Hekk kif titgħallem kif tagħmel l-għafsiet tal-muskolu tal-qiegħ tal-pelvi, int għandek tagħmilhom. L-añjar kuljum. Int għandek tiffoka kompletament fuq kull sett. Iffissa ħin regolari meta tagħmel l-għafsiet tal-muskolu tal-qiegħ tal-pelvi. Dan għandu mnejn ikun wara li tmur it-tojlit, waqt li tkun qed tixrob, jew meta tkun mimdud fuq is-sodda.





**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.

**Affarijiet oħra li tista' tagħmel biex tgħin il-muskoli tiegħek tal-qiegħ tal-pelvi:**

- Aqsam ma' ħaddieħor l-irfiġħ ta' tagħbijiet tqal ħafna.
- Kul frott u ħaxix tal-ikel u ixrob 1.5 – 2 litru fluwidu kuljum.
- Titqanżaf meta tkun qed tbattal imsarnek.
- Staqsi lit-tabib tiegħek dwar il-hay fever, ażma u bronkite biex tnaqqas l-għatis u s-sogħla.
- Żomm il-piż tiegħek fi skala skont it -tul u l-età tiegħek.

**ITLOB L-GĦAJNUNA**

Hemm nersis ikkwalifikati jekk iċċempel lin-National Continence Helpline fuq 1800 33 00 66\* (mit-Tnejn sal-Ġimgħa, bejn it-8.00am to 8.00pm AEST (Ħin Standard tal-Lvant tal-Awstralja)) mingħajr ħlas:

- Informazzjoni;
- Pariri; u
- Fuljetti.

Jekk ikollok diffikulta' biex titkellem jew biex tifhem bl-Ingliż jista' jkollok aċċess għall-Helpline permezz tat-Telephone Interpreter Service fuq 13 14 50 b'xejn. It-telefon ikun imwieġeb bl-Ingliż, għalhekk għid liema lingwa titkellem u stenna fuq it-telefon. Tkun ikkonnettjat/a ma' interpretu li jitkellem il-lingwa tiegħek. Għid lill-interpretu li tixtieq li iċċempel lin-National Continence Helpline fuq 1800 33 00 66. Stenna fuq it-telefon biex tkun ikkonnettjat/a u l-interpretu jgħinek biex titkellem ma' ners li tagħti pariri dwar il-kontinenza. It-telefonati kollha huma konfidenzjali.

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

\* Telefonati minn fuq telefonijiet mowbajl ikunu oċċarġjati r-rati li japplikaw.