Ease Bladder Problems with Pelvic Floor Exercises by Colin Sutton

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Pelvic floor exercises can be a practical way to keep your internal muscles toned and strong. There are many muscles deep in the body that perform important functions.

The pelvic floor region for example can help support the bladder and digestive system. When they grow weak you can find it difficult to control your bladder effectively. This can lead to mild to serious urinary incontinence. Pelvic floor exercises can help to ease bladder problems.

Urinary Incontinence

Thousands of people in the UK suffer from urinary incontinence. This has long been a common problem amongst older people but because of indolent modern lifestyles many younger people are also experiencing urinary incontinence. One of the main reasons for lack of bladder control has been identified as weak muscles

â€¢ Even if you do exercise regularly you may not be targeting deep internal muscles such as the pelvic floor region.

â€¢ If you are finding that your bladder leaks when you cough or sneeze then this can be the early signs of urinary incontinence and weak pelvic floor muscles.

â€¢ You should consider starting a regular routine of pelvic floor exercises as soon as possible.

â€¢ Even if you are not currently experiencing bladder problems these pelvic floor exercises can tone your pelvic region up and prevent problems in the future.

Regular Exercise

For pelvic floor exercises to be effective you do need to follow a regular routine. The good thing is that pelvic floor exercises are very easy and you can do them almost anywhere. Just a few minutes of pelvic floor exercises every day can make a big difference to your muscle tone and can improve your pelvic floor health.

â€¢ The first step to starting up a regular pelvic floor exercise routine is to ensure you are using the right muscles.

â€¢ Lie back on the floor and bring your feet up until they are flat with your legs bent. Now concentrate on the set of muscles you use going to the toilet.

â€¢ Squeeze these internal muscles without moving your stomach, legs or buttocks.

â€¢ Now you know what muscles you are exercising you can do your pelvic floor exercises anywhere even if you are sitting at your desk at work or travelling on the bus.

â€¢ All you need to do is squeeze and hold your pelvic floor muscles for a count of ten. Repeat 5 times with a short rest period in-between each repetition.

â€¢ When these muscles get more toned you can increase the amount of time you hold and squeeze them for.

â€¢ People who practice regular pelvic floor exercises can build up to holding their muscles for up to 2 minutes at a time.

If you do have serious bladder problems you need to speak to your doctor. There could be underlying medical issues that are affecting the bladder and urinary system so it is best to get this properly checked out.

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Colin Sutton - About Author:
a Pelvic floor exercises can be an effective way to ease bladder problems such as urinary incontinence. These exercises are easy to do and can help to tone internal muscles for improved body health.

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