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## Squeeze exercises

The muscle group that closes the body downward is the pelvic floor. The man's pelvic floor is much smaller than the woman's, as the man's pelvis is smaller than the woman's. This muscle group supports the abdominal organs and is primarily responsible for keeping the water and the stool.

Many people do not know how to use the pelvic floor.

First, it is only possible to see it if one uses a mirror and secondly, it is unfortunately not a muscle group that is part of regular gymnastics education neither in school nor later in life.

Thereby it becomes an overlooked muscle group. It actually needs to be trained and used like all of them other muscles we have in the body so as not to become weak and slack.

## How to train the pelvic floor?

Pelvic floor exercises are not very powerful at the beginning of a workout - it's almost same feeling as pointing the mouth - just at the other end. The pelvic floor is only 1 cm. thick, like a lip and therefore it will not be a powerful and strong sensation but rather, an action that requires great concentration and a lot of thought before it happens something.

When the pelvic floor is tightened, it is also called a pinch!

When weak, slack muscles need to be trained, it is best to start lying on your back. You have to try to close the rectum. Here the pelvic floor is largest and here you feel the most clearly pinched. Around the urethra and vagina do not feel so much when lying on your back.

Do not squeeze your buttocks or suck your stomach in or hold your breath.

You should also not press your knees against each other.

You may just be able to close for 2-3 sec., Then the closing will release by itself and you can maybe do 4-6 of these contractions before starting to tighten anywhere else - then it's time for a break.

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## How to test for closure in the pelvic floor?

There are 3 ways in which you can test yourself if you pinch the pelvic floor.

### 1. try to stop the jet when urinating.

In the beginning it is easier to do at the end of a urination. It's not something you do must do particularly often because it can cause problems emptying the bladder completely. This can cause cystitis.

2. **Lie on your side with legs bent**, place a few fingers between the coccyx and rectum. Press your fingers slightly upwards and pinch together. Feel that the area becomes stiff and somewhat harder. Relax again, and feel the area become soft again.

3. **(For women) Lie on your back with bent legs**, place a pair of fingers (index finger and middle finger) in the vagina. Squeeze and feel the pelvic floor located in the lower 1/3 of the vagina presses on the side of the fingers and lifts them slightly forward towards the pubic bone / pubic bone (remember that the pelvic floor is only 1cm.thick). Release the pinch again and feel that everything is soft.

## How often do you train?

You should preferably train 2-3 times a day. The number of cramps trained each time depends of how weak one's pelvic floor is when training begins.

With a good and well-functioning pelvic floor, you can easily make 20 squats in a standing position. Squeeze lasting 6-8 sec. with equally long breaks in between and 3-5 pinches, where you pinch everything what one can in 6-8 sec. In addition, you must also be able to handle a long pinch that lasts 20-30 seconds.

### Can One Pinch

If you are aware of how to squeeze the pelvic floor, women can train with some weights, set up in the vagina, the so-called vaginal weights. They are different in size and weight. The scales can be bought at the Birthe Bonde Clinic or at the pharmacy.

### You Can't Pinch

If you can not succeed in finding the pelvic floor, you can stimulate it, as you do with all other weak muscles.

This means that you send a message with small electrical impulses or vibrations the muscles about to contract. There are many different devices and many theories



about this treatment. Most importantly, however, you train with the pelvic floor after the stimulation to learn to use the muscles that have been aroused.

### Keep the pelvic floor in shape

Squeeze every time the pressure rises in the abdomen. REMEMBER to therefore pinch before:

- Coughing, sneezing, and laughter.
- By physical exertion, such as cleaning, lifting, running, jumping, and when getting up and sitting down.

It is also important to empty the bladder regularly, approx. every 3-5. waking hour and holding the stomach in order (i.e. 3 days or less between each bowel movement).

Most important of all is to know its limitations. Do not do more than the pelvic floor can stick to.

### The first training program

1. **Lie on your back** with bent legs pinched in the pelvic floor and feel that the rectum is closed.
  - Hold the closure max. 6-8 sec.
  - Release the closure and hold twice as long a pause repeat 5 times, max. 20 times.
2. **Lie on your side** with bent legs pinched together pelvic floor and feel that the rectum is closed.

- Hold the closure max. 6-8 sec.
- Release the closure and take a twice as long pause
- Repeat 5 times, max. 20 times

Squeeze 2-3 sec at the beginning of the workout and increase to 6-8 sec later. Start with 5 pinches in a row and increase 20 later.

Exercise 2-3 times a day.

Also try to train sitting and standing.