Q. What else can you do?
★ Drink 6-8 glasses of water every day.
★ Eat a good diet with loads of fruit and vegetables so you don’t get constipated. This will also help you stay at an average weight.
★ Always lift things with care, holding your back straight, knees bent and muscles firm. Try not to lift weights that are too much for you. Always ask a friend to help.
★ Take regular exercise – and build up gradually if you start doing loads of activity such as aerobics.
★ When you go to the toilet, sit on it comfortably with your knees apart and your feet on the floor. It is important to relax the Pelvic Floor at this time and try to let urine out in a steady continuous stream.
★ Don’t smoke – it could start you coughing.

Your body needs its Pelvic Floor...
(You probably haven’t discovered it yet)
it gives support and even more...
it stops your knickers from getting wet!

If you want more info call...
Enuresis Resource and Information Centre (ERIC)
The national charity that helps children and young people with bedwetting, daytime wetting and other problems.
Helpline: 0117 9603060 (10am-4pm Monday-Friday)
Website: www.eric.org.uk - an interactive website with chat rooms, information and useful advice

The Continence Foundation
An organisation that advises older teenagers and adults.
Helpline: 0845 3450165
Website: www.continence-foundation.org.uk

Incontact
Provides information and support for people with bladder and bowel problems.
Telephone: 0870 7703246
Website: www.incontact.org

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Enuresis Resource & Information Centre (ERIC)
34 Old School House, Britannis Road,
Kingswood, Bristol BS15 8RF.
Telephone: 0117 9603060
Facsimile: 0117 9600601
Email: info@eric.org.uk
Website: www.eric.org.uk
Registered Charity No: 1002425
2012 1102
Why?
If your Pelvic Floor Muscle was to let you down you could wet yourself - did you know this even happens to fit athletes?

Look after yours to stay in good shape and keep on laughing! To find out more - meet your Pelvic Floor!

Q. Have you heard of the Pelvic Floor?
A. No? Don’t worry. Loads of teenagers have never heard of this very important part of the body. Knowing about it can help you look after it. You will then benefit from it being in ‘good shape’. Keep on reading to find out more...

Q. What is the Pelvic Floor?
A. It might be difficult to imagine - but the area inside the pelvic bones really does have a ‘floor’. The pelvis is the part of the skeleton that holds and protects your bladder, uterus (womb) - if you’re female, and bowel.

Diagram of the female Pelvic Floor - Side view

Q. What makes the Pelvic Floor weak?
A. A number of things can cause this (girls are more likely to experience problems than boys, because of the way their bodies are made):
   - Constipation
   - Not enough exercise or lots of exercise all of a sudden (like aerobics)
   - Being overweight
   - Lifting heavy stuff
   - Coughing a lot
   - Having a baby

Q. How can you keep it in good shape?
A. By knowing about your Pelvic Floor you can learn to look after it and keep it strong and healthy so it will not ‘let you down’. Like all muscles the Pelvic Floor will get stronger with regular exercise.

Q. How do you know your Pelvic Floor is working?
A. Try this:
   1. Imagine you are on a date with a new boyfriend or girlfriend and you feel you are going to fart. Think how you can stop this happening by squeezing and pulling up inside without moving your legs or bottom.
   2. Imagine you are going for a wee in the toilet. Picture trying to stop the flow by squeezing ‘inside’.

When you have practiced this, and you can feel the muscle working, you can do it regularly to improve and look after your Pelvic Floor.

Exercises for you to try!
1. Sit, stand or lie with knees apart.
2. Slowly squeeze and pull up the muscles as if stopping a fart. Hold as long as you can (up to 5 seconds if possible) and then relax.
3. Slowly squeeze and pull up as if stopping going to wee. Hold as long as you can (again 5 seconds) and then relax. You will be able to hold longer as your muscles get stronger.
4. Pull up all the muscles quickly and hold & relax immediately. This can be done 5 or 10 times. Practice will help!

★ You can do this anywhere and any time of the day:
   - Turning on the tap
   - Washing your hands
   - Answering your mobile phone
   - Sitting at your desk after changing lessons.

★ If you have learned the right way to do these special exercises nobody should know you are doing them!