

骨盆底肌肉運動

簡介

骨盆底肌肉 (Pelvic Floor Muscle) 是橫置於恥骨 (Pubic bone) 至尾骨 (Tail bone) 的一塊大肌肉，是男性尿道、直腸與陰莖或女性陰道通過的肌肉。骨盆底肌肉運動能提高骨盆底肌肉之控制能力，從而減輕小便失禁之現象。適用於迫切性或壓迫性小便失禁。

步驟

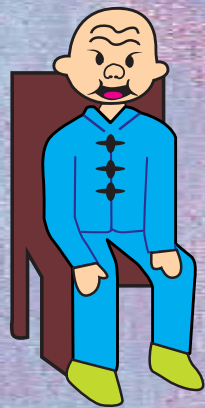
- ◆ 排尿時，嘗試制止尿流
- ◆ 如能夠成功中斷排尿，表示已掌握方法
- ◆ 護士指探男病人的肛門或女病人的陰道，然後教導病人收緊肛門肌肉，如護士感到手指有壓迫感，表示之骨盆底肌肉運動進行正確，建議一星期只做一次測試
- ◆ 運動時病人可以仰臥、坐下、站立

- ◆ 仰臥：提起臀部，仰臥，收緊肛門肌肉，如忍大便的感覺；如圖示



當掌握如何收緊會陰肌肉時，便可集中收緊會陰肌肉，會有忍小便之感覺

- ◆ 坐下：如採用坐下的姿勢，則腳板底平放地面、雙膝微分、身微向前、雙手平放在大腿旁，如圖示



骨盆底肌肉盡量貼椅，收緊肌肉。會陰肌肉向上向內收縮，病人會感會陰之肌肉離開椅面，要盡量維

持5-10秒，然後放鬆，休息10秒後重覆做10下

- ◆ 站立：如採站立姿勢，雙膝要微分、雙肩垂直，然後收緊會陰肌肉，方法如上。每天最少要做5次，每次10下；每下收縮時要盡量維持5-10秒，然後放鬆10秒

注意點：

- ◆ 運動時要保持如常呼吸，不需閉氣
- ◆ 一旦掌握方法後，可隨時做運動。每小時一次以增加肌肉的張力。當噴嚏、大笑或咳嗽時，應先收緊會陰肌肉以防止漏尿

如有查詢，請電致：
東華醫院：2589 8131

以上資料由東華醫院老人泌尿中心提供

骨盆底肌肉運動 PELVIC FLOOR MUSCLE EXERCISE

PELVIC FLOOR MUSCLE EXERCISE

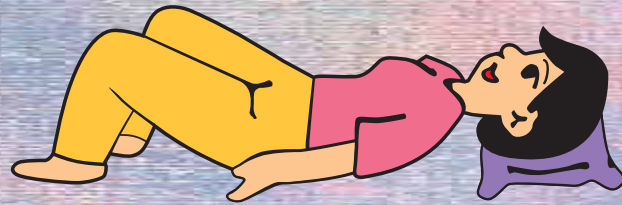
Introduction

The pelvic floor muscle is a group of firm supportive muscles. It stretches like a hammock from the pubic bone in front to the bottom of the backbone. It supports all the organs inside the abdomen and help to hold the bladder in its correct place. It gives extra "squeezing control" when you cough or sneeze. It also prevents urine leakage which are usually resulting from weakened pelvic floor muscles. Pelvic floor muscle exercise helps to strengthen the weakened muscles so that they can support and improve the bladder control again. Indications include stress incontinence and urge incontinence.

Steps

- ◆ To identify the right pelvic floor contraction
- ◆ Imagine to stop passing flatus or stool.

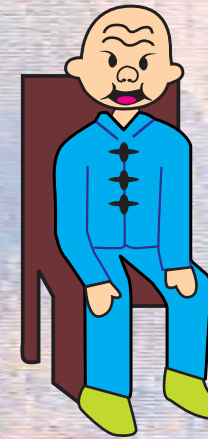
Squeeze and lift the muscles tightly around your back and front passages



- ◆ Imagine while you are sitting on the toilet and passing urine then try to stop the urine stream
- ◆ The "stop test" is not recommended as a regular exercise once you already know how to contract the muscles
- ◆ The nurse may insert 1-2 clean fingers into your vagina (for women), or anus (for man) to feel the right squeeze

Practicing pelvic floor muscles exercises

- ◆ Sit, stand or lie comfortable with your knees slightly apart



- ◆ Slowly tighten and pull up the pelvic floor muscles, hold the contraction for at least 5 to 10 seconds (if you can) then relax for another 5 to 10 seconds
- ◆ Repeat the contract-relax sequence for 10 cycles. (slow pull up)
- ◆ Pull the muscles up quickly and tightly then relax immediately (fast pull-up)
- ◆ Repeat the exercises for 10 cycles

How often should I do the exercise

Do at least 5 times every day (slow pull-up or fast pull-up). You should not:

- ◆ Use your tummy, thigh or buttock muscles
- ◆ Hold your breath during exercise

**For any enquiry, please dial to Geri-Urology Centre, Tung Wah Hospital
Tel:2589 8131**

Information provided by Department of Surgery, Tung Wah Hospital