

骨盆底肌肉運動

適合對象

預期、已患有壓力性尿失禁患者，或患有膀胱過度活躍症的人士，男女均適用。

急迫性失禁原因

膀胱過度敏感，控制能力下降，導致尿液於短時間內不自主流出。患者可能常因突發性強烈尿意而急迫地想上廁所，常發生於患有過度活躍症、經常飲用利尿飲品的人士。

運動的方法

你可選擇仰臥、坐著或站著進行骨盆底肌肉運動。建議每天重複進行三次，每次包含兩種運動。

1. 持續性收縮運動(慢組運動)及
2. 快速收縮運動(快組運動)

慢組運動

1. 每次先做骨盆底肌肉持續性收縮運動。
2. 慢慢收縮肛門周圍、陰道口、及尿道的骨盆底肌肉(像在忍住大便或放屁一樣)，保持收縮5-10秒，然後放鬆5-10秒。
3. 重複做10-30次。

快組運動

1. 進行快速收縮運動。
2. 快速收縮肛門、陰道口和尿道的肌肉(如同忍住便意)，收縮時間為1至2秒，然後放鬆1秒。
3. 重複做5-10次。

怎樣知道骨盆底肌肉運動做得正確？

你可以在小便時，嘗試中途收縮骨盆底肌，停止尿液排出。這只是一個測試，使自己知道是否正確地收縮骨盆底肌。測試後，將所有尿液排出。測試最多一星期施行一次。

備註：此單張只供一般參考用，治療計劃會因應個別病人情況而有所調節

壓力性尿失禁成因

腹腔受壓導致膀胱壓力上升，加上盆腔肌肉鬆弛導致尿道口控制能力減弱，繼而尿失禁，常發生於多次分娩、更年期後、肥胖或者長期咳嗽、提舉重物的人士。

骨盆底肌肉是甚麼？



骨盆底肌肉是肌肉、韌帶及筋膜所組成，位於恥骨和尾骨之間，負責支撐盆腔內的器官(如膀胱、尿道、直腸，以及女性的子宮和陰道)。

骨盆底肌肉運動目的

旨在增強或重建骨盆底肌肉的力量、耐力和反應能力，以改善尿失禁和陰道鬆弛等問題。

這是一項易學、可單獨進行的運動方式，也是非手術和非藥物的療法。

注意事項

- 運動前如有需要，先上廁所。
- 運動時保持正常呼吸，切勿閉氣。
- 骨盆底肌肉收縮運動並不是腹部收縮，檢查時可用手觸摸腹部，應無明顯的起伏或震動。
- 骨盆底肌肉運動後不應感到不適。
- 在作出可能導致漏尿的動作(如咳嗽、大笑或打噴嚏)前或有突然有尿急意欲，可使用此運動以減少因為壓力性或急迫性失禁導致的漏尿情況。
- 以上運動不受時間、地點、姿勢的限制。可以隨時隨地進行，持續約3-4個月就可見效果。

治療尿失禁需要時間及耐心，而骨盆底肌肉運動應作為終身的練習。如果暫時停止運動，骨盆底肌肉可能會逐漸鬆弛，導致不同程度的尿失禁復發。進行此運動時應向上收縮並提升骨盆底肌肉，而非向下推(不應感覺像是在用力排便)。

PELVIC FLOOR MUSCLE EXERCISES

Suitable for

Individuals who are expected to have, or already have, stress urinary incontinence or overactive bladder, and is suitable for both men and women.

Causes of Urge Urinary Incontinence

The bladder's increased sensitivity reduces control over urination, causing involuntary leakage. Patients often experience urgent urges to use the restroom, especially those with overactive bladder or who consume diuretic beverages.

How to Perform Pelvic Floor Muscle Exercises?

You can perform pelvic floor muscle exercises while lying down, sitting, or standing. It is recommended to repeat these exercises three times a day, with each session consisting of two types of exercises:

1. Sustained Contractions (Slow Contractions)
2. Fast Contractions (Quick Contractions)

Sustained Contractions Exercise

1. Start each session with sustained contractions of the pelvic floor muscles.
2. Slowly contract the pelvic muscles around the anus, vaginal opening, and urethra (as if trying to hold in a bowel movement), holding the contraction for 5-10 seconds, then relax for 5-10 seconds.
3. Repeat 10-30 times.

Fast Contractions Exercise

1. Next, perform fast contractions of the pelvic floor muscles.
2. Quickly contract the pelvic muscles around the anus, vaginal opening, and urethra (as if trying to hold in a bowel movement), contracting for 1 to 2 seconds, then relaxing for 1 second.
3. Repeat 5-10 times.

How to Know if You're Contracting the Pelvic Floor Muscles Correctly?

You can test your pelvic floor contractions by trying to stop the flow of urine mid-stream while urinating. This is just a test to help you determine if you are correctly contracting your pelvic floor muscles. After the test, be sure to fully empty your bladder. This test should be done no more than once a week.

Note: This information is for general reference only; treatment plans may be adjusted based on individual patient circumstances.

Causes of Stress Urinary Incontinence

Pelvic muscle damage from childbirth or hormonal deficiencies can lead to muscle relaxation, weakening the control of the urethra and resulting in involuntary leakage when abdominal pressure increases.

What are Pelvic Floor Muscles?



The pelvic floor muscles consist of muscles, ligaments, and fascia, situated between the pubic bone and the tailbone, supporting the organs in the pelvic cavity, including the bladder, urethra, rectum, and, in women, the uterus and vagina.

Purpose of Pelvic Floor Muscle Exercises

These exercises aim to strengthen or rebuild the strength, endurance, and responsiveness of pelvic floor muscles, improving issues like urinary incontinence and vaginal laxity. They are easy to learn, can be done individually, and serve as a non-surgical and non-pharmacological treatment option.

Precautions

- Before exercising, if necessary, please use the washroom.
- During exercise, maintain normal breathing; do not hold your breath.
- Pelvic floor muscle contractions are not abdominal contractions. You can place your hand on your stomach; there should be no noticeable movement or vibration in your abdomen.
- There should be no discomfort after pelvic floor muscle exercises.
- Before performing actions that may lead to leakage (such as coughing, laughing, or sneezing) or when experiencing a sudden urge to urinate, this exercise can be used to reduce the risk of stress or urge urinary incontinence.
- Pelvic floor muscle exercises are not limited by time, location, or position. You can do these exercises anytime, anywhere—whether sitting, standing, or lying down—even while waiting for transport, riding, or watching TV. Results can be seen after about 3-4 months of consistent practice.

Treating incontinence takes time and patience, and pelvic floor muscle exercises are a lifelong practice. If you stop exercising for a period, the pelvic floor muscles may gradually weaken, leading to varying degrees of incontinence recurrence.

During this exercise, you should contract and lift the pelvic floor muscles upward, not push downward (it should not feel like straining to have a bowel movement).