



**the BEHAN PROTOCOL
FOR BETTER BACK AND SPINE HEALTH**

Improving the Function of the Pelvic Floor



**THESE 2 SIMPLE
EXERCISE ARE
EFFECTIVE TO TRAIN
THE PELVIC FLOOR AS
A PREVENTATIVE
MEASURE OR IF YOU
EXPERIENCE MILD
INCONTINENCE**

It can take a lot of concentration to activate your pelvic floor muscles to start with. This gets better with practice and ideally you should do these exercises 3 times a day to improve continence or once a day for prevention.

EXERCISE ONE - FOR ENDURANCE

This is a safe pelvic floor exercise for everyone to try.

These exercises give the endurance of the muscles to control the bladder and bowel over time, all day, every day.

- find a comfortable position either sitting, standing or lying with your knees slightly apart.
- If you are sitting leaning forwards can help with your elbows on your knees
- Imagine you are stopping yourself from passing wind and then from passing urine.
- You might feel a gentle tightening in your lower abdomen but generally there shouldn't be tension in the external muscles such as the buttocks or thighs.
- Breathe normally
- Hold the contraction for as long as you can up to a slow count of 10
- Then relax for a count of 10, you should have a clear feeling of letting the muscles go
- See if you can do this 10 times, you may need to work up to the 10 seconds and the 10 repetitions



EXERCISE TWO - FOR STRENGTH

This is safe for all to try. The pelvic floor muscle needs to contract quickly to control the bladder when we laugh, cough or sneeze. This trains that fast, string contraction.

- As before, find a comfortable position either in sitting, standing or lying.
- Activate the pelvic floor muscles in the same way by imaging yourself stopping wind or flow of urine and hold as strong as you can for one second.
- Relax the pelvic floor fully
- Repeat until the muscles feel tired and can no longer fully contract or you struggle to let go effectively



****PLEASE BE ADVISED THAT THESE EXERCISES MAY NOT BE EFFECTIVE IN FIXING ALL BLADDER CONTROL PROBLEMS. IF YOU HAVE MORE SERIOUS AND CHRONIC ISSUES YOU MAY WANT TO SEEK THE ASSISTANCE OF A PELVIC HEALTH THERAPIST**