

Pelvic Floor Muscles Exercise

骨盆底肌肉練習



Gleneagles Hospital

HONG KONG

港怡醫院

Free Shuttle Service 免費專車服務

Gleneagles Hospital Hong Kong provides free shuttle bus service between MTR **Wong Chuk Hang Station** (Exit A) and the hospital (main entrance).
港怡醫院為市民提供免費專車服務往來港鐵**黃竹坑站** (A出口) 及醫院 (正門)。



Free Shuttle Schedule
免費專車服務時間表

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Gleneagles is within walking distance from various bus stops along Aberdeen Tunnel / Wong Chuk Hang Road and Nam Fung Road.
您可由位於香港仔隧道/黃竹坑道和南風道的各個巴士站步行至港怡醫院。

Available bus services along Aberdeen Tunnel / Wong Chuk Hang Road include: 37B 37X 38 42 42C 70 72 72A 75 77 90 90C
途經香港仔隧道/黃竹坑巴士服務包括：37B 37X 38 42 42C 70 72 72A 75 77 90 90C

Available bus services along Nam Fung Road include: 36 41A 76
途經南風道巴士服務包括：36 41A 76

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Gleneagles is within walking distance from MTR

Ocean Park Station (Exit C).

您可由港鐵**海洋公園站** (C出口) 步行至港怡醫院。



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Wong Chuk Hang, Hong Kong

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Pelvic Floor Muscles Exercise 骨盆底肌肉練習



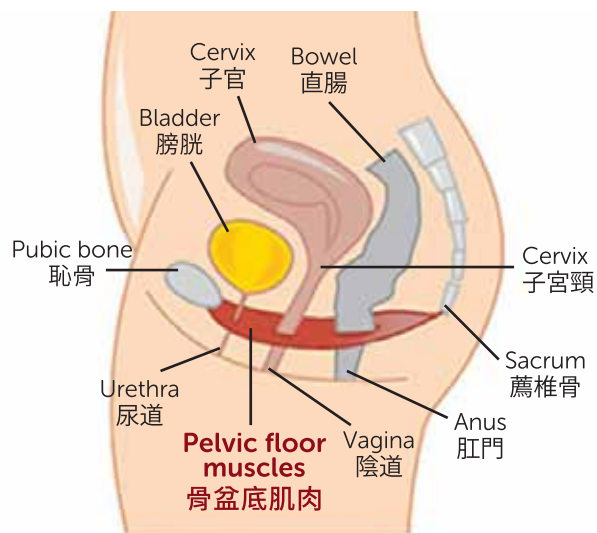
Gleneagles Hospital
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What are pelvic floor muscles?

甚麼是骨盆底肌肉?

The pelvic floor is made of layers of muscle stretching from the pubic bone in the front to the base of the spine at the back. It consists of 3 groups of muscles surrounding the urethra, vagina and rectum.

骨盆底肌肉是一組由肌肉層由前面的恥骨伸展到後方的恥骨。它由圍繞尿道，陰道和直腸的3組肌肉組成。

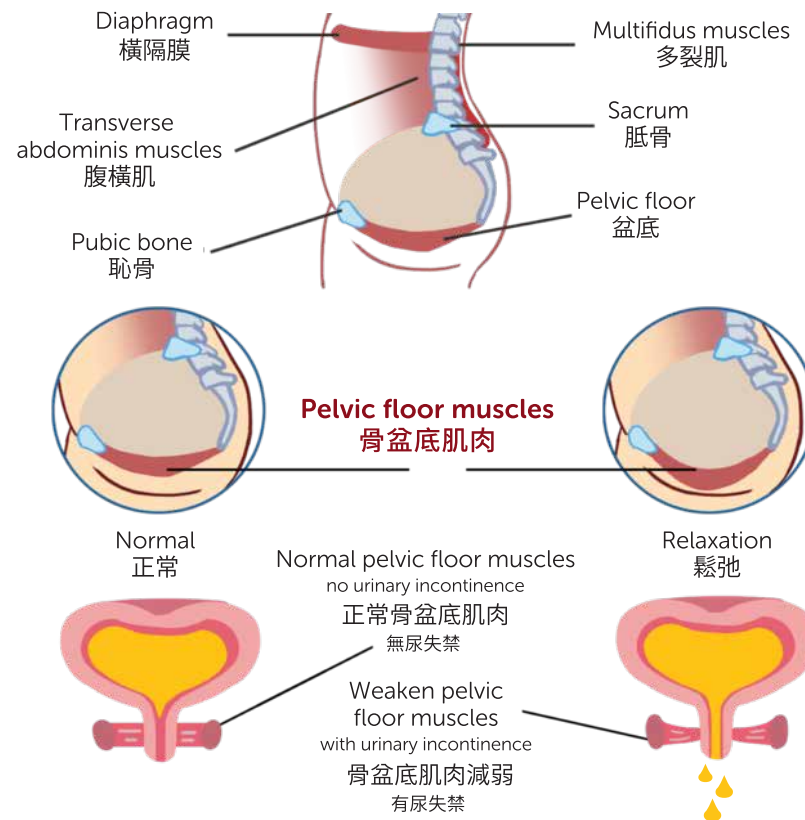


What causes pelvic floor muscle weakness?

甚麼導致骨盆底肌肉鬆弛?

- Multiple childbirth
多次生產孩子
- Chronic coughing
慢性咳嗽
- Being overweight or obese
體重過重或肥胖
- changes in hormonal levels at menopause
更年期賀爾蒙水平改變

- Chronic constipation
慢性便秘
- Persistent heavy lifting
持續提取過重物件
- men receive prostate surgery causing the urethral sphincter weakness
男仕接受前列腺手術後導致尿道括約肌功能減弱



●	Mild 輕度	cough, sneeze ,heavy lifting, jumping, etc. 咳嗽、打噴嚏、搬重物、彈跳等
●●	Medium 中等	walking, changing position (e.g, from standing to sitting), etc. 走路、改變姿勢(如站立變為坐姿)等
●●●	Serious 嚴重	laughing, fast walking, stair climbing, exercising, etc. 大笑、快步走、爬樓梯、運動等

What is the purpose of training the pelvic floor muscle?

為何需要訓練骨盆底肌肉？

- Strengthen pelvic floor muscles for better bladder and bowel control.
強化盆骨底肌肉以增強膀胱和大腸的功能。
- prevent or correct prolapse of bladder, uterus or bowel due to weakening pelvic floor muscles.
防止或改善因盆底骨肌肉鬆弛而引致膀胱，子宮或腸下垂。
- prevent urine leakage when you cough, sneeze or jump.
可減少因咳嗽，打噴嚏或跳動所引起的小便滲漏。
- improve muscle tone, especially during pregnancy and postnatal period so as to prevent stress incontinence after delivery.
改善盆底肌肉張力，特別針對懷孕前後所導致的壓力性尿失禁。

Be familiar with your pelvic floor muscles

熟悉你的骨盆底肌肉

- While you are concentrating on tightening the muscles around your vagina, you should have a “**tightening and lifting inward**” feeling. You may be unable to feel this at the beginning if your pelvic muscles are weak.
當你集中精力收緊陰道周圍的肌肉時，應該有一種「**收緊向內舉**」的感覺。如果你盆骨底肌肉無力，一開始你可能感覺不到肌肉收緊。

- While you are passing urine, try to stop your urine flow midway.
Hold for 3 seconds and then relax. If you are able to control the urine flow, it means you can master the skill successfully.
***Remember!** This only helps you to become familiar with your pelvic floor muscle. You **SHOULD NOT** do it very often as it may cause problems with correct bladder emptying.
當你排尿的時候，請嘗試中途暫停小便，**握住肌肉保持3秒然後放鬆**。如果你能夠控制尿流，這代表你可以成功掌握訓練技巧。
***切記！**如果能夠成功中途暫停小便，**請勿**重複嘗試，避免影響膀胱功能。
- To know the muscles that control your anal sphincter, tighten the muscles around your anus as if you are holding flatus.
Hold for 3 seconds and then relax.
如何訓練肛門括約肌，收緊肛門周圍的肌肉
保持3秒然後放鬆。
- Once you are able to identify the above muscle groups, you may start practising the following pelvic floor exercises.
當你有效去分辨以上各組的肌肉，便可開始訓練盆骨底肌肉。

How to perform pelvic Floor exercise? 如何訓練骨盆底肌肉?

- Lie, sit or stand with your knees slightly apart.
仰臥、坐或站立將雙膝微微分開。
- First relax your thighs, buttock and abdomen.
先放鬆你的大腿，臀部和腹部的肌肉。
- Concentrate and use all 3 different groups of pelvic floor muscles together, i.e. the urethral, vaginal and anal muscles.
集中注意力一起運用尿道，陰道和肛門的骨盆底肌肉。
- Tightening this group of muscles slowly as if you are trying to withhold passing urine or flatus. You should have a "tightening and lifting inward" feeling.
當你嘗試忍小便或忍屁時，慢慢收緊你3組肌肉，你應該有「收緊並向內舉」的感覺。



"Long Squeezes" or "Slow Contractions" 「長時間收緊」或「緩慢收縮」

When you tighten your muscles to your limit, hold the contraction for 10 seconds, release gradually, rest for 10 seconds and then repeat the above steps.

These are called "**long squeeze**" or "**slow contractions**" which help to build up the endurance of the muscle group.

當你將肌肉收縮到極限時，保持收縮 5-10秒，慢慢放鬆，休息10 秒；重覆以上步驟，10次為一組。

這叫做「**長時間收縮**」或「**緩慢收縮**」，有助建立肌肉的耐力。

"Short Squeezes" or "Quick Contractions" 「短時間收緊」或「快速收縮」

You can also do the same exercise quickly and hold the contraction for a second or two and then relax.

These are called "**Short Squeeze**" or "**Quick Contractions**", which helps your muscle react quickly to sudden pressure (from coughing, sneezing or jumping) on the bladder.

你也可以快速進行相同的骨盆底肌肉訓練，保持收縮1-2秒，之後放鬆。

這叫做「**短時間收緊**」或「**緩慢收縮**」，幫助骨盆底肌肉快速感應突如其來因咳嗽，打噴嚏或跳動對膀胱造成的壓力。

When to perform the pelvic floor exercise? 何時進行骨盆底肌肉訓練？

1) Stress incontinence 壓力性尿失禁

- Sit in a chair with your knees slightly apart, you will have to squeeze the muscle just above the entrance to the anus. You should feel some movement in the muscle. Don't move your buttocks or legs.
坐在椅子將雙膝微微分開，將肛門入口的肌肉收縮。你應該感受到肌肉在收縮，不要移動臀部或大腿。
- Sit, stand or lie with your knees slightly apart. Slowly tighten your pelvic floor muscles under the bladder as hard as you can. Hold to the count for 10 seconds, then relax. These are called 'long squeeze' or 'slow contractions'.
膝蓋稍微分開坐下、站立或躺臥，慢慢盡量收緊膀胱下的骨盆底肌肉，數10秒然後放鬆，這便叫做「長時間收緊」或「緩慢收縮」。
- Repeat the cycle of training the pelvic floor muscles for 3 times per day. Each cycle needed to train for 10 times.
每天重覆進行3組訓練，每組訓練各10下。
- Do each set of exercises in different positions like in sitting, standing or lying.
每一組運動在不同位置進行，如坐著、站著和躺著。

2) Urge Incontinence 急切性尿失禁

- When you feel urge, perform pelvic floor exercise like "squeeze and release" movement as quickly as possible
當你有急切感，快速收緊和向上提升骨盆底肌肉。
- Repeat to perform 5-6 times or above until the urge symptoms disappear.
重覆進行5-6次或以上直至尿意消失為止。



Important notes when performing the pelvic floor exercise

進行骨盆底肌肉訓練需要注意的地方

- Do not squeeze the other muscles at the same time when you squeeze the pelvic floor muscle.
For example, do not squeeze the muscle in the back, thighs or buttocks.
當收縮骨盆底肌肉同時不要收縮其他肌肉。
例如：不要收縮背部、大腿或臀部的肌肉。
- Do not hold your breath or stop breathing while doing the pelvic floor exercise, should perform normal breathing.
切勿於收縮運動時忍氣或停止呼吸，應正常呼吸。
- Do not practise the pelvic floor exercise during urination.
當排尿時，不要進行骨盆底肌肉訓練。
- Do not give up. It takes approximately 3 months for the control and improvement of incontinence.
不要氣餒，持續努力，約三個月後才可明顯控制及改善尿失禁。
- If you have any questions, please contact the nurse in Urology Clinic at Gleneagles Hospital Hong Kong at office hour.
如遇任何問題，請於辦公時間聯絡港怡醫院泌尿科門診護士。

References

參考資料

Pelvic floor exercise

<https://patient.info/news-and-features/pelvic-floor-exercises>