**Pelvic Floor Muscle Training Guidance**

|  |  |  |  |
| --- | --- | --- | --- |
| **Examples** | **Guidance** | **Position** | **Notes** |
| 1 | identify anal sphincter/feel anus | sitting | try to raise it from chair (without adding abdominal, thigh, and buttock muscles) |
| 2 | identify levator ani | sitting, bent forward, elbows on knees | try to raise vagina from chair (without adding abdominal, thigh, and buttock muscles) |
| 3 | contract levator ani | sitting, lying and standing | it feels like elevator raising up, with a 10s break between contractions, which can be used vaginal palpation to identify |
| 4 | contract anal sphincter | sitting, lying and standing. | it feels like elevator raising up, with a 10s break between contractions, which can be used vaginal palpation to identify |