

What are the Pelvic Floor Muscles?

The pelvic floor is a set of muscles and ligaments that close the abdominal cavity in its lower part.

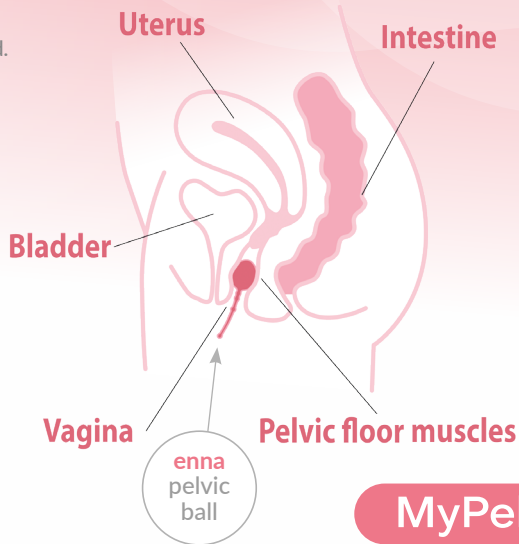
It is not rigid, it is dynamic, it adapts to movement and to changes in posture. Always maintaining an adequate tension. When it weakens, the structures it supports descend and therefore its function is altered.

FUNCTIONS:

- Support the pelvic organs such as the bladder, uterus and intestines.
- Prevent incontinence
- Improve sexual and reproductive function

A weakened pelvic floor can cause urinary incontinence, discomfort, prolapses (fall of the organs mentioned above), back pain. If you have any of these symptoms consult your doctor.

This muscle is weakened by time and loss of elasticity at times such as pregnancy, childbirth, when you reach menopause, when you do high impact sport and there are also other risk factors such as obesity, chronic cough, hereditary factors among others...



✉ contact@imedicare.co.uk

☎ +44 (0) 1923 237795



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What is Enna Ball?

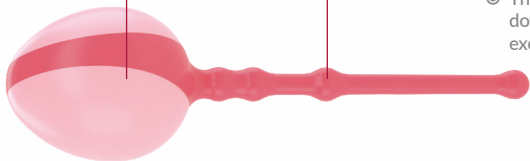
It is a vibration biofeedback Kegel Educator made from medical grade materials.

After insertion in the vagina just above the pelvic floor, the movement of the diamond weighted sphere inside Enna Ball provides a proprio-receptive signal (vibrational energy that your brain can use to identify location source) – that helps you locate the correct pelvic floor region where you should focus your pelvic floor exercises.

Enna Ball will not illicit an involuntary contraction – it simply tells you very clearly where to focus your efforts – helping you to progress with your improvement in pelvic floor tone more expeditiously. We recommend you follow the normal NHS Kegel Routine.

Oval design for easier insertion and better adaptation to the vaginal walls

Ribbed stem for easier removal



Pelvic floor exercise routine

When you are confident you can feel your muscles lift, squeeze, and relax correctly then you are ready to start exercising your pelvic floor muscles. There are two exercises for pelvic floor muscles, long holds and fast squeezes, and you should do both each time you do an exercise session.

Exercise one

To strengthen them to help support your internal organs.

- Lift and squeeze and hold them for as long as you can (up to 10 seconds).
- Then let them fully relax down and have a rest before you repeat doing this exercise again (up to 10 times).

Exercise two

- To teach them to react quickly to stop you leaking when you cough or sneeze.
- Tighten your muscles as before but this time pull up fast.
- Then let them completely relax down before repeating this fast exercise again (up to 10 times).

How to improve

Every time you do an exercise session you should try to do each exercise until your muscles tire.

Start with short holds of a few seconds and repeat a few times. Then slowly build up the length of time you can hold your muscles lifted up and the number of times you can repeat this. If you can only hold for a few seconds, give yourself a longer rest period between these lifts so that your muscles do not fatigue too quickly. Start off with a few quick pull ups. Aim to increase the number and the speed of these contractions.

- You should aim to be able to do 10 long holds, each held for 10 seconds, and 10 fast exercises, gradually working up to 3 sets per day.



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