

骨盆底肌肉訓練

簡介

骨盆底肌肉 (Pelvic Floor Muscle) 是橫置於恥骨 (Pubic bone) 至尾骨 (Tail bone) 的一塊大肌肉，是男性尿道。直腸與陰莖或女性陰道通過的肌肉，骨盆底肌肉運動能提高骨盆底肌肉之控制能力，從而減輕小便失禁之現象。適用於迫切性或壓迫性小便失禁。

步驟

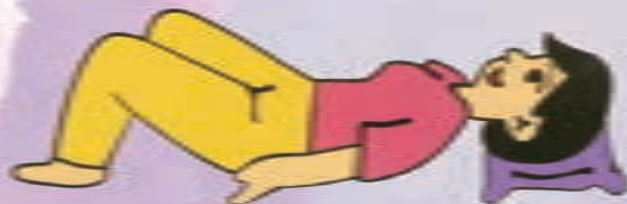
- ◆ 排尿時，嘗試制止尿流

如能夠成功中斷排尿，表示已掌握方法（切記不可以常用，若意識到怎樣做骨盆底肌肉運動便不應再用此方法）

護士用手指探男病人的肛門或女病人的陰道，然後教導病人收緊肛門肌肉，如護士感到手指有壓迫感，表示之骨盆底肌肉運動進行正確

運動時病人可以仰臥，坐下，站立

- ◆ 仰臥：收緊肛門肌肉，如忍大便的感覺；如圖示



當掌握如何收緊會陰肌肉時，便可集中收緊會陰肌肉，會有忍小便之感覺

- ◆ 坐下：如採用坐下的姿勢，則腳板底平放地面，雙膝微分，身微向前，雙手平放在大腿旁，如圖示



- ◆ 骨盆底肌肉盡量貼椅，收緊肌肉。會陰肌肉向上向內收縮，病人會感到會陰肌肉向上向內離開椅面，要盡量維持5-10秒。然後放

鬆，休息5-10秒後重覆做10下

- ◆ 站立：如採站立姿勢，雙膝要微分，雙肩垂直，然後收緊陰肌肉，方法如上。每天最少要做5次，每次10下；每下收縮時要盡量維持5-10秒，然後放鬆5-10秒

注意點：

- ◆ 每天最少做五次（包括10下快速收縮及10下慢收緊）
- ◆ 運動時要保持如常呼吸，不需閉氣
- ◆ 當噴嚏、大笑或咳嗽時，應先收緊會陰肌肉以防漏尿

如有查詢，請電致：東華醫院 2589 8131

瑪麗醫院 2255 1247

以上資料由東華醫院及瑪麗醫院外科部提供。




瑪麗醫院
Queen Mary Hospital



SINCE 1870
東華醫院
Tung Wah Hospital

骨盆底肌肉訓練 PELVIC FLOOR MUSCLE TRAINING

 瑪麗醫院 Queen Mary Hospital	Pamphlet Topic & Department Code
Ownership	HKWC/Surgery-28
Last review/revision	Aug/2023
Approval	HKWC Information Pamphlet Working Group
Distribution	As requested

PELVIC FLOOR MUSCLE TRAINING

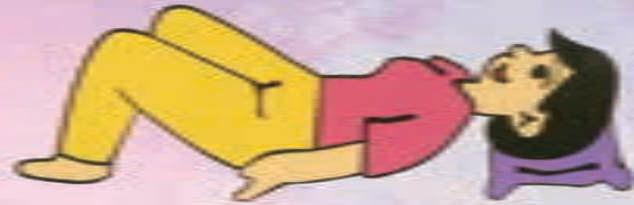
Introduction

The pelvic floor muscle is a group of firm supportive muscles. It stretches like a hammock from the pubic bone in front to the bottom of the backbone. It supports all the organs inside the abdomen and helps to hold the bladder in its correct place. It gives extra “squeezing control” when you cough or sneeze. It also prevents urine leakages which are usually resulting from weakened pelvic floor muscles. Pelvic floor muscle training helps to strengthen the weakened muscles so that they can support and improve the bladder control again. Indications include stress incontinence and urge incontinence.

Steps

- ◆ To identify the right pelvic floor contraction
- ◆ Imagine to stop passing flatus or stool

- ◆ Squeeze and lift the muscles tightly around your back and front passages



- ◆ Imagine while you are sitting on the toilet and passing urine then try to stop the urine stream
- ◆ The “stop test” is not recommended as a regular exercise once you already know how to contract the muscles
- ◆ The nurse may insert 1-2 clean fingers into your vagina (for women), or anus (for man) to feel the right squeeze

Practicing pelvic floor muscles training

- ◆ Sit, stand or lie comfortable with your knees slightly apart



- ◆ Slowly tighten and pull up the pelvic floor muscles, hold the contraction for at least 5 to 10 seconds (if you can) then relax for another 5 to 10 seconds
- ◆ Repeat the contract-relax sequence for 10 cycles. (slow pull up)
- ◆ Pull the muscles up quickly and tightly then relax immediately (fast pull-up)
- ◆ Repeat the training for 10 cycles

How often should I do the training

Do at least 5 times every day (slow pull-up and fast pull-up) for 10 cycles

You SHOULD NOT:

- X Use your tummy, thigh or buttock muscles
- X Hold your breath during exercise

For any enquiry, please contact:

TWH Tel: 2589 8131

QMH Tel: 2255 1247

Information provided by Department of Surgery, Urology
Division of Tung Wah Hospital & Queen Mary Hospital