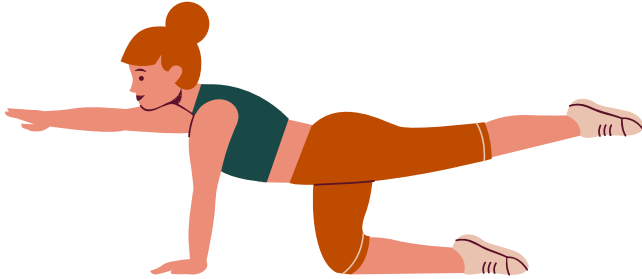


The Bird Dog



Bird dog is another exercise to strengthen the pelvic floor. Balancing on one knee requires the use of core muscles, which include the pelvic floor.

Useful information

- www.eric.org.uk
- www.bbuk.org.uk
- BNFC and Nice Guidelines
www.nice.org.uk/guidance/cg99/evidence

Contact us

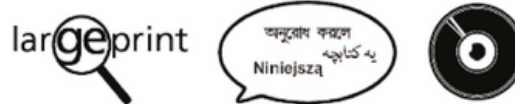
Children and Young People's
Bladder and Bowel Service:
Rayleigh Clinic
Eastwood Road
Rayleigh, Essex
SS6 7JP
Phone: [0344 257 3954](tel:03442573954)
Email: epunft.cybbbs@nhs.net



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Patient Advice and Liaison Service (PALS)

If you have any concerns or need advice about accessing NHS services, you can speak in confidence to PALS on [0800 085 7935](tel:08000857935) or you can email epunft.pals@nhs.net. This leaflet can be produced in large print, CD, Braille and other languages on request.



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Production date: November 2024

EP1063

Pelvic Floor Exercises for Children and Young People

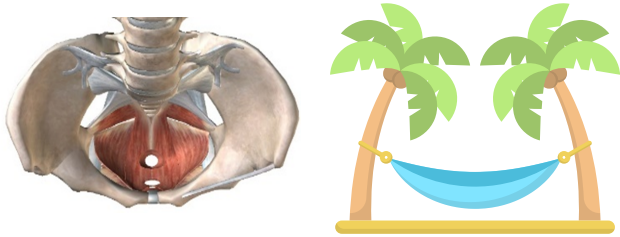


Information Leaflet

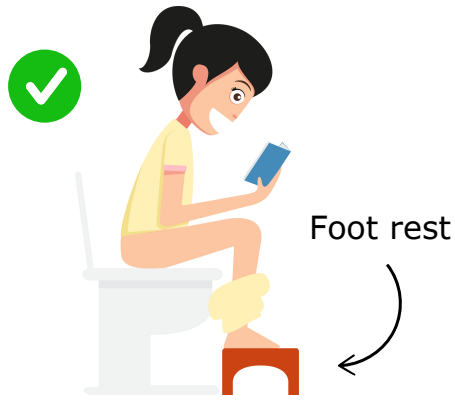
EPUT

Our Pelvic Floor

Everyone has a pelvic floor which is like a hammock supporting our lower organs, including our bladder and bowel. It is made up of muscles and like all muscles, our pelvic floor needs to be exercised to strengthen it and for us to understand how to use it.

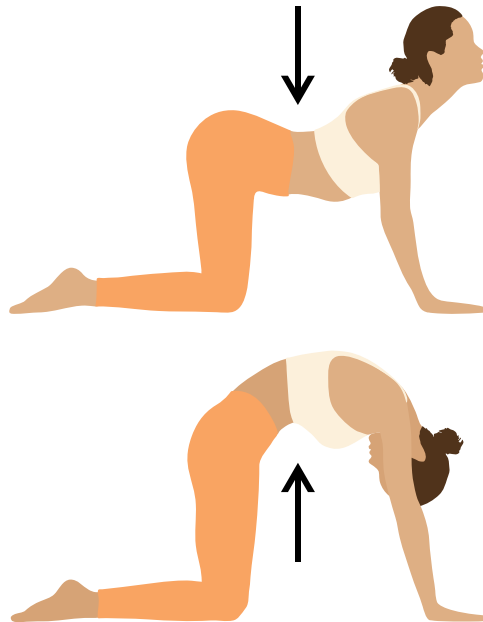


As a child or young person, it can be hard to understand where the pelvic floor is and what to do to make it work properly. There are some exercises you can use to teach your child about their pelvic floor, how to use it to help hold on to their wee longer and how to sit properly to allow their poo to come out. It helps to open the bowel whilst sitting with a tall back and tilting the pelvis forward. Slouching forward causes the bowel to be squashed, making it difficult to poo.



Here are some examples of how we can help to exercise our pelvic floor:

The Cow/Cat Pose



This pose is good for children. Imagine tucking your tailbone underneath in the cat pose, then pushing your tailbone up in the air in the cow pose.

How to find your child's pelvic floor

If you are happy to, you can locate your child's pelvic floor. Get them to lie on the floor with knees bent and feet flat on the floor. Place a finger between the vulva and anus on a girl, or under the testes and anus for a boy. If the pelvic floor is relaxed this area will feel soft.

Encourage your child to try tightening the muscles around the anus, as if trying to stop wind escaping. Then, keeping the anal muscle tight, try to imagine a lift is going up through the body right up to the 4th floor. Aim to keep the muscle tight for 2-3 seconds and then completely let go.

Repeat this 3 times.

As strength improves, aim to hold for longer (aiming for x10 seconds) and practise more repeats (aiming for x10 repeats). Next, tighten the muscle quickly and then let go quickly – aim to do this x3 times and as you get better, increase this up to x10 times.