



# Multiparity (having had more than two babies) and your pelvic floor

**This leaflet gives advice on pelvic floor care and exercises if you have had more than two babies.**

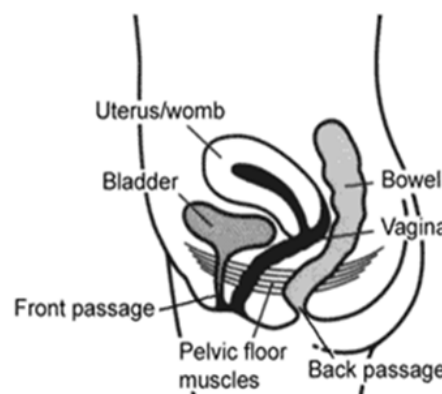
## What is multiparity?

This means that you have had more than two babies, regardless of whether you delivered vaginally or by Caesarean section (a cut in your tummy to get the baby out).

Pregnancy and delivery can lead to damage to the pelvic floor muscles and surrounding structures. This damage can lead to pelvic floor dysfunction.

## Where is my pelvic floor?

Your pelvic floor is a hammock-like structure of muscles and connective tissues which run from your pubic bone at the front, underneath to your coccyx (tail bone) at the back. These muscles help to stop you from passing urine (peeing) and opening your bowels (pooing) when you don't want to, and they help keep your pelvic organs in the right place.



## What are the symptoms of pelvic floor dysfunction?

- Urinary incontinence (leaking pee) on coughing, sneezing, laughing, lifting, sports etc.
- Urinary urgency (needing a pee 'right away' and unable to hold on).
- Faecal urgency (needing a poo 'right away' and unable to hold on).
- Faecal incontinence (leaking poo).
- Dragging feeling, heaviness, feeling of fullness within the vagina, or feeling like there is a lump at the entrance of the vagina.
- Pain or discomfort on sexual intercourse.

## What can I do straight away?

To start with, you may be sore and swollen. You might have had an episiotomy (a cut near your vagina) to help make space for the baby to come out, or you might have had a small tear in the same area.

**Pain relief:** if you feel sore or swollen, you can use an ice pack in the area. Make sure you wrap it in something so that it does not touch your skin directly. An easy way to make an ice pack is to run a clean sanitary towel under the tap to make it wet, put it in the freezer, and then when frozen, you can put it between two pairs of knickers and leave it there for 10 minutes at a

time. You can do this several times throughout the day.

If the area stings when you pass urine (pee), you can pour warm water down at the same time to take the sting away. If there is any stinging in your bladder or urethra (water pipe) when you pee, please speak to your midwife or GP to rule out a urinary tract infection.

**Pelvic floor exercises**, also known as 'Kegels', can be started as soon as your catheter (tube in your bladder for urine to flow out) has been taken out. These exercises increase blood flow to the area and help speed up healing.

These muscles must be strengthened and kept strong to give you more support, reduce any symptoms you have, and help prevent symptoms from appearing if you do not yet have any. The exercises should be done **3 times per day, every day** – for the rest of your life. It should become a habit, like cleaning your teeth. As you will still be swollen and sore, start small with the exercises – beginning with 3 second holds and gradually building up to 10 seconds.

## How to do pelvic floor muscle exercises ('Kegels')

**(Never do these exercises while on the toilet! Research has shown that this confuses the bladder and can lead to incontinence.)**

### Slow exercises

- Sit comfortably with your knees slightly apart (or lie down with your knees bent).
- Squeeze your vaginal muscles as if you are trying to hold in a tampon, suck something up inside, or stop wind and urine from coming out. Do not use your legs or your buttocks (bum cheeks) when you are doing this exercise. Your buttocks and legs should not move at all.
- Once you are able to do this, squeeze the muscles as tight as you can, and hold for as long as you can – up to 10 seconds. You should continue to breathe normally while doing this. You may not be able to hold it for more than two or three seconds at first. If you find the technique difficult, try lying down and putting a cushion or pillow under your bottom; you might find it easier to locate the right muscles.
- You should be aware of the skin around the back passage also tightening and being pulled up and away from the chair.
- Repeat this 8-10 times, but have a rest in between each one for 4-5 seconds.

### Fast exercises

- It is also important to work the pelvic floor muscles to react quickly to stop you leaking when you cough, sneeze, or move quickly. Therefore, practice tightening your pelvic floor quickly and then relax.
- Fast exercises are done in the same way as slow exercises but when you squeeze the muscles, let go immediately so that you only feel a very quick lift in your pelvic floor.
- You should repeat these exercises between 10-20 times.

The fast and slow exercises together make up one exercise session. **If you do less than 3 sessions per day, you risk not building enough strength to help your symptoms.** Your muscles will improve and strengthen with time and exercise.

Both the slow and fast pelvic floor exercises can be done at any time, provided there is at least a gap of 1 hour between sessions. It helps to associate these exercises with activities you do

regularly every day. You can download and use the [NHS Squeezy App](#) to help you remember and count the exercises, if you think this would be useful to you. The NHS Squeezy app currently costs £2.99 on both iPhone and Android devices..

If a physiotherapist assesses you, you may also be given a third exercise called 'sub max'. This is like a half squeeze.

If you find that after doing the exercises for several weeks, you have still developed symptoms, or your symptoms have got worse, you can ask your health visitor or GP to refer you to maternity physiotherapy.

## General tips

- Always put your feet on a footstool to raise your knees above your hips when opening your bowels – this straightens out the angle to make it easier for stool (poo) to come out and reduces straining.
- You should also be drinking around 1.5 to 2 litres (2.5-3.5 pints) of clear fluid every day, to keep stools soft and easy to pass, and keep your bladder healthy and working normally.
- If you have a chronic cough, make sure that this is well managed, to reduce bouts of coughing as much as possible.

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

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Next review due: July 2027