

 瑪麗醫院 QUEEN MARY HOSPITAL	<b>Department of Obstetrics and Gynaecology</b>	Document No.	<b>OGOBO195(I)-E</b>
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		Page	<b>Page 1 of 1</b>

## Queen Mary Hospital O&G - Pelvic Floor Exercise

**Purpose** (For details information, please refer to the following QR Code)

- Strengthen pelvic floor muscles for better bladder and bowel control
- Prevent or correct prolapse (drooping) of bladder, uterus or bowel due to weakening pelvic floor muscles
- Prevent urine leakage when you cough, sneeze or jump
- **Improve muscle tone, especially during pregnancy and postnatal period so as to prevent stress incontinence after delivery**
- Increase vaginal tone that may help to improve sex life



[https://www.fhs.gov.hk/english/health\\_info/woman/9946.html](https://www.fhs.gov.hk/english/health_info/woman/9946.html)