

Physiotherapy Service
Patient Information

Information

Advice for ladies with prolapse

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail pals@dchft.nhs.uk

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail patient.info@dchft.nhs.uk

Author: Jane Lofts
Role: Highly Specialist
Physiotherapist
Publication Date: 10/15
Review Date: 10/2021

1. Do your pelvic floor exercises: (in lying / sitting / standing positions)

- For endurance:

pull-ups for seconds each x 5 times daily*

- For speed:

quick pull-ups x 5 times daily*

*** Wait at least 1 hour before repeating**

2. Take short, frequent 'sit-downs' through the day e.g. every time you have a drink

3. Never stand or walk for long periods

4. No heavy lifting