

How to use Vaginal Weights for Active Pelvic Floor Exercises

When starting with vaginal weights commence with the lightest weight to ensure correct form.

1. **Wash your hands thoroughly prior to use.** Apply a very small amount of silicon free lubricant onto your pelvic exerciser for ease of insertion.
2. **Position your body comfortably to insert your weight.** This may be either lying down or with one foot elevated on a low stool or step.
3. **Insert the weight into your vagina.** Position the weight so that the lowest margin of the weight rests 2-3 cm within your vagina with the retraction loop remaining outside your body. This is not as high as a tampon sits within the vagina. Correct positioning of your weight ensures that the pelvic floor muscles are exercised by lifting your exerciser.
4. **You may choose to commence your exercises lying on your side, touching the lowest edge of your exerciser with your index finger for feedback.** You should feel the weight and/or retraction loop lift slightly inwards within your vagina as you contract your pelvic floor muscles.
5. **Standing pelvic floor exercises** will optimise your pelvic floor strengthening by using your pelvic floor muscles to lift the weight against gravity. Progress to standing exercises when you feel confident to do so.
6. **Practice lifting and squeezing your weight using your pelvic floor muscles.** Once lifted the weights should be lowered back to their original resting position. Relax and rest your pelvic floor muscles after every effort.
7. **Wash your weights and your hands thoroughly following use.** Follow the instructions provided with your exerciser for cleaning your vaginal weights.

Correct pelvic floor exercise involves lifting inside and squeezing all 3 pelvic openings (i.e. anus, vagina and urethra or urine tube). You should notice the weight lifting slightly within your vagina with correct technique.

If the weight is pushed down or out of the vagina, you may be bracing and pushing down rather than using the correct exercise technique.

Pelvic floor strength training guidelines for vaginal weights

- A. Aim for up to 8-10 repetitions or exercises in a row resting briefly between each effort for one complete set of exercises. Ultimately aim to perform up to 3 sets of pelvic exercises using weights on alternate days of the week.
- B. Use strong pelvic floor contractions for optimal strengthening when you are confident in your correct pelvic exercise technique.
- C. Progress the weight you lift gradually over time as your pelvic floor strength increases. When you are able to lift a weight comfortably for a couple of weeks, you may progress to a slightly heavier weight for progressive strengthening.
- D. Pelvic floor strengthening can take up to 5-6 months or regular pelvic floor exercises.
- E. Pelvic floor exercises using vaginal weights should never cause any physical discomfort. In the unlikely event you experience any physical discomfort associated with using vaginal weights you should cease and consult your medical practitioner should discomfort persist.
- F. Avoid using vaginal weights: during pregnancy and early recovery from childbirth, during recovery from gynaecological surgery, with active pelvic infection, with pelvic pain.

Important: This is provided for general information only and should in no way be considered as a substitute for medical advice or information about your particular condition. While every effort has been made to ensure that this information is accurate, the author accepts no responsibility and cannot guarantee the consequences if individuals choose to rely upon these contents as their sole source of information about a condition and its' rehabilitation. Pelvic exercises accept no liability to any person for the information or advice provided, or for loss or damages incurred as a result of reliance upon the material contained herein.

