

## **THE PELVIC BRACE WITH DAILY ACTIVITIES**

### **THE PELVIC BRACE**

The pelvic brace combines a pelvic floor contraction with a contraction of the lower abdominal muscles. Together these muscles create an internal girdle to support your bladder and pelvic organs. They are important to use with activities that cause leakage.

### **HOW TO DO THE PELVIC BRACE**

As you breathe out, tighten and pull your pelvic floor muscles up and in, and keep holding them while you tighten the lower abdominals (bring your belly button towards your spine).

### **DAILY ACTIVITIES**

Try the following daily activities in lying, sitting and standing positions.

#### **The pelvic brace and cough**

- Breathe in, as you prepare to cough, bring your hand to your mouth and do the pelvic brace.
- Hold the muscle and cough. Now relax the brace.
- If coughing causes leakage try this activity while clearing your throat.
- Repeat \_\_\_\_ times

#### **The pelvic brace and sit to stand**

- Breathe in as you prepare to stand
- Do the pelvic brace. Hold the muscles and stand up.
- Be sure your therapist has shown you the proper technique.
- Repeat \_\_\_\_ times.

#### **The pelvic brace and lifting**

- Place a lightweight object of \_\_\_\_lbs. on a table or the floor.
- Place your feet shoulder width apart and keep your back straight.
- Bend your knees to reach the object, do the pelvic brace and lift.
- Repeat \_\_\_\_ times.