

## **CONTINENCE CONTROL MAINTAINING YOUR BLADDER CONTROL EXERCISE PROGRAM**

Once you have gained acceptable control of your bladder problem, you must exercise regularly to maintain your muscle strength and control. The recommended number of exercises is usually between 30 - 80 pelvic floor exercises throughout the day. If you stop exercising you may regress to your prior level of control. Use your pelvic floor muscles subconsciously and habitually throughout the day. Here's a review of important ways to keep the gains you've made.

1. Always remember to tighten your pelvic floor muscles during physical stress.
  - Before lifting or bending
  - Before going up or down stairs
  - Before coughing or sneezing
  - Before going from sitting to standing
2. Use the pelvic floor muscles subconsciously and habitually throughout the day. Exercise your pelvic floor muscles during routine daily activities.
  - While waiting in lines
  - After using the toilet/washing your hands
  - While stopped at traffic lights
  - While watching television
  - While taking medication
  - With your regular exercise program
3. Pelvic Floor Exercise Program Summary - Daily total \_\_\_\_ per day.
  - Endurance Contractions** – Keeping your holding power
    - Hold for 10 seconds, relax for 10 seconds.
    - Repeat \_\_\_\_ times per day.
    - Your goal for repetitions is that each one feels like the one before.
  - Quick Contractions** – Using the muscles rapidly during functional activities.
    - Tighten the pelvic floor with a strong and rapid contraction.
    - Tighten for 2 seconds, relax for 2 seconds. Repeat \_\_\_\_ times per day.
4. Other exercises recommended

---

---

---

---