



YOUR HOME TREATMENT PROGRAM

PELVIC FLOOR EXERCISE GUIDELINES

- Challenge your muscles to do more than they are used to doing. The quality of the exercise is more important than the number you perform.
- Avoid straining, holding your breath or using other muscles while you exercise the pelvic floor muscles.

QUICK CONTRACTIONS

- While exhaling, rapidly contract your pelvic floor muscles and hold for 2 seconds. Take in a diaphragmatic breath and repeat the contraction on exhalation.
- Repeat this exercise _____ times. Do the exercise _____ times per day.

ENDURANCE CONTRACTIONS

- Pull your pelvic floor muscles up and in for _____ seconds then relax for _____ seconds.
- Count out loud while you are holding the contraction to make sure that you are breathing throughout the exercise.
- Repeat this _____ times. Do the exercise _____ times per day.

OTHER EXERCISES

SCHEDULE AND RECORDS

- You will be asked to complete a urination diary at various times throughout your treatment program. It is important that you keep accurate records so your therapist can evaluate your progress and update your treatment plan as you improve. This week please record _____.
- To establish good bladder control you should be urinating every _____ hours.

ASSESSING YOUR PROGRESS

- It is important to keep your regularly scheduled therapy appointment. At those visits we can advance your exercise routine.
- Please avoid practicing your pelvic floor exercises just before your next appointment time.
- Bring your exercise sheets and voiding log to each office visit.