

THE PELVIC BRACE WITH DAILY ACTIVITIES

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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.