Pelvic Floor Muscle Training Program

- Squeeze (contract) the muscles of the pelvic floor, which are located between your legs and control urine and gas. Feel them squeeze shut and lift upwards towards your head.
- Do these exercises every day, at different times during the day to gain better control over your bladder.
- Practice a total of _____ times per day.
- Pick one or two positions for exercises each time.

**DO NOT HOLD YOUR BREATH!**
Count out loud or sing in order to avoid breath holding. Try not to use your abdominal or buttock muscles too much when contracting the pelvic floor muscles.

**Long holds**
_____ repetitions of long hold contractions, contract your pelvic floor muscles, squeeze and lift up and in, and hold for _____ seconds. Release fully between contractions for _____ seconds.
REPEAT FOR A TOTAL OF _____ SETS, = _____ REPETITIONS

**Quick flicks**
_____ repetitions of quick flick contractions contract quickly and strongly for _____ seconds, Release fully and relax muscles down and out in between contractions for _____ seconds.
REPEAT FOR A TOTAL OF _____ SETS, = _____ REPETITIONS.

Lying _____ set per day in the lying down position: Lie on your back comfortably with knees bent or knees straight

Sitting _____ set per day in the sitting position: Sit in a firm chair in good posture, place both feet on the ground

Standing _____ sets in the standing position: Stand with your feet shoulder width apart or a little closer. Keep your low back in a relaxed and neutral posture.