

Pelvic Muscle Exercises

Helpful Tips

1. Check often to make sure that you are doing your exercises correctly.
2. **Do an exercise immediately before you stand up, lift, cough, or sneeze.**
3. Do your exercises regularly, at the same time of day.

The Continence Clinic

Abbotsford Regional Hospital
32900 Marshall Road
Abbotsford, BC V2S 0C2

For appointment call :
604.851.4700 Ext. 642287

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For Men

What are pelvic muscles?

Pelvic muscles hold your bladder and bowels in place. These are the muscles you tighten to stop passing gas.

Weak pelvic muscles

Your pelvic muscles may get weaker after bladder or prostate surgery, or as you get older. Weak muscles make it harder to control your bladder and bowels. You may leak urine when you cough, sneeze, laugh or exercise.

Pelvic muscle exercises

There are exercises that will make your pelvic muscles stronger. You can do them while standing, sitting or lying down. To help you remember, try doing the exercises :

- before you go to sleep
- first thing in the morning
- during TV commercials

How to do pelvic muscle exercises

1. Squeeze your pelvic muscles as if you were trying to stop passing gas.
2. Hold for 3 seconds (Count 1 one thousand, 2 one thousand, 3 one thousand).
3. Relax for 3 seconds.
4. Do not hold your breath.
5. With practice, you can squeeze for 10 seconds and relax for 10 seconds.

10 exercises are called a **set**.

Do 1 set 5 times a day.

6. Add 5 quick squeezes (squeeze, relax, squeeze, relax, 5 times). This will help suppress urgency.