



Acu Rehab Med

Empowering Wellness, Restoring Function

acurehabmed.com

630-926-8889

I'm the bladder boss!

Name _____

Date _____

Pelvic Floor exercises for this week: _____

Week # _____

| Homework | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--------|---------|-----------|----------|--------|----------|--------|
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Additional Comments _____