



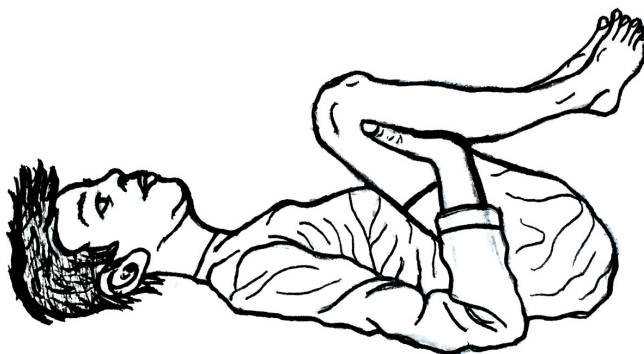
HOW TO TIGHTEN & RELAX YOUR PELVIC FLOOR MUSCLES LYING DOWN

Think about the muscles and the openings between your pubic bone and your tailbone. The openings are where your urine and gas come out. Sometimes they are called the pelvic floor muscles. Imagine pulling the openings up towards your belly button while you squeeze or pinch them closed. (No other muscles should work.) Holding this position is a pelvic floor tightening exercise. Letting it go is relaxation.

Bring your knees to your chest and put your feet on your Mom or Dad's shoulder or side. Let your Mom or Dad hold onto your legs and support them for you.

Tip: Your Mom or Dad can look to see if the muscles are doing their job by just taking a peek at your pelvic floor to see the muscles tighten and let go.

- Take a deep breathe in, then squeeze, tighten or pinch your pelvic floor muscles closed and start counting out loud. Do not to hold your breath when you do your exercises. Try to hold for ____ seconds.
- Now let go and relax the muscles like butter for ____ seconds.
- Do this exercise ____ times in a row ____ times per day.



SCHEDULE AND RECORDS

- You will be asked to complete a Bladder Boss Chart during your treatment program. It is important that you do this every day so your therapist can watch your progress and change your treatment plan as you improve.
- Bring your Bladder Boss Chart every time you come to therapy.