



## PROGRESSING YOUR PELVIC FLOOR MUSCLE STRENGTH IN SITTING

Once you have become a master at doing your exercises lying down you can challenge your pelvic floor muscles even more doing your exercises sitting.

Sit with your legs crossed. Lean slightly forward so your back is straight and your elbows rest on your knees. Tip: your Mom or Dad can look to see if the muscles are doing their job by just taking a peek below your underwear 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.



Remember to bring in your completed Bladder Boss Chart for every visit! It is important that you fill this out everyday so your therapist can watch your progress and change your treatment plan as you improve.