

PROGRESSING YOUR PELVIC FLOOR MUSCLE STRENGTH IN STANDING

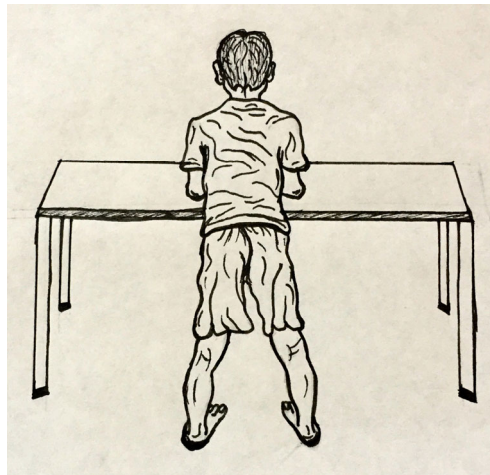
Once you have become a master at doing your exercises lying down and sitting you can challenge your pelvic floor muscles even more doing your exercises standing.

Stand with your feet shoulder width apart. Lean forward with your back flat resting your hands on a countertop or bed. You can bend your elbows or straighten depending on the height of your surface. Keep your knees straight and turn your toes in.

Tip: Bend your knees a little bit if the backs of your legs are pulling.

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.