When and Where Should I Do the Exercises?

Don't give up. Remember, it's just a few minutes, a few times each day.

First, try to relax. Do not try to tense your muscles if you feel pain or discomfort. If you feel pain, you may need to adjust your position or technique. If you feel discomfort, you may need to adjust your position or try a different exercise.

Second, breathe deeply while you do the exercises. Covering the mouth or the nose (nose breathing) can produce pressure on your bladder. Cover your mouth with your hand while you do the exercises. If you feel discomfort, adjust your position or technique.

The Next Step: Once you have found your pelvic muscles, try to keep them squeezed. If you have any difficulty identifying these muscles, see your health care provider. If you have any difficulty identifying these muscles, see your health care provider.

See your health care provider if you have any difficulty identifying these muscles. When you feel pressure around your finger, you are squeezing the pelvic muscles. When you feel pressure around your finger, you are squeezing the pelvic muscles.

How do I Do the Exercises?

Very important that you perform these exercises correctly. Like many exercises, these take a little extra practice at the beginning. It is

Get into the Routine:

Down with your knees apart.

Then sit back and push back. Slowly and deeply while you do the exercises. Covering the mouth or the nose can produce pressure on your bladder. Cover your mouth with your hand while you do the exercises. If you feel discomfort, adjust your position or technique.

The Next Step: Once you have found your pelvic muscles, try to keep them squeezed. If you have any difficulty identifying these muscles, see your health care provider.
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**Generalarea:**
- For products that help control odors, take good care of the skin around the waistband.
- Wear clothes that are easy to remove (e.g., pants with an elastic waistband), Anda fabric that is quick to dry.
- Practice double-voiding: empty your bladder as much as possible, relax for 5 minutes, and then void.

**Self-care Strategies to help reduce leaking of urine:**
- After you have taken time to regain the pelvic muscles for these moments, you may have fewer accidents when you lose urine.
- Try to think ahead: just before sneezing, hold the sneeze until after you have sneezed, if it is possible.
- You can provide yourself and your pelvic muscles by blinking your eyelids before sneezing.

**Beware the sneeze!**
- Exercise techniques that strengthen the muscles of the pelvic floor are essential to help prevent incontinence.
- If you need to go back to the doctor routine for several times each day, you may need to follow the doctor routine of several times each day.
- Once you have established your goal, you can do the exercises for 5 minutes, 3 times a week. If you still have problems again with urine loss, you may need to return to the doctor routine or several times each day.

**Must-have exercises:**
- Fasten abdominal muscles as if you want to cough but hold.
- Fasten abdominal muscles as well as you can, then hold for 5 seconds. Repeat, 10 times.
- Once you have established your goal, you can do the exercises for 5 minutes, 3 times a week. If you still have problems again with urine loss, you may need to go back to the doctor routine for several times each day.
- You might want to add the so-called "quick kegels" when you are doing activities such as writing, eating, or reading.

**Helpful hints:**
- Once you are in the bathroom, you can do the exercises while doing other things.
- Listening to music when you do the exercises can make it more fun.

**How long do I have to do the exercises?**
- It usually takes from 6-12 weeks for most women or men to notice a change.
- **Exercise technique:**
  - Fasten abdominal muscles as well as you can, then hold for 5 seconds. Repeat, 10 times.
  - Once you have established your goal, you can do the exercises for 5 minutes, 3 times a week. If you still have problems again with urine loss, you may need to go back to the doctor routine for several times each day.

**Nurse or therapist who is helping you with the exercise plan:**
- You are advised to contact the doctor if you have any symptoms that do not improve or if you are concerned about any difference in your treatment plan and the information in this pamphlet. You are also advised to contact the doctor if you are not satisfied with the treatment plan or if you are concerned about any difference in your treatment plan and the information in this pamphlet.