

Name _____

Pelvic Muscle Exercise (Kegels):

1. Hold contraction for _____ seconds Rest for _____ seconds

Repeat _____ times

2. Hold contraction for _____ seconds Rest for _____ seconds

Repeat _____ times

3. Hold contraction for _____ seconds Rest for _____ seconds

Repeat _____ times

Position: buttock upon pillows, lying down, sitting, standing

Position: buttock upon pillows, lying down, sitting, standing

Position: buttock upon pillows, lying down, sitting, standing

Repeat these exercise _____ times per day.

Bladder Training:

Urinate in the toilet no sooner than every _____ hours.

Urinate in the toilet every _____ hours no matter what.

Fluid Intake:

Eliminate Caffeine Increase intake of

_____ to _____ glasses per

day. Total fluid intake _____ glasses per day **Other**

exercises:

Bring this exercise sheet to every therapy visit

Please Call North Tahoe PT if you have any questions

775-831-6600

