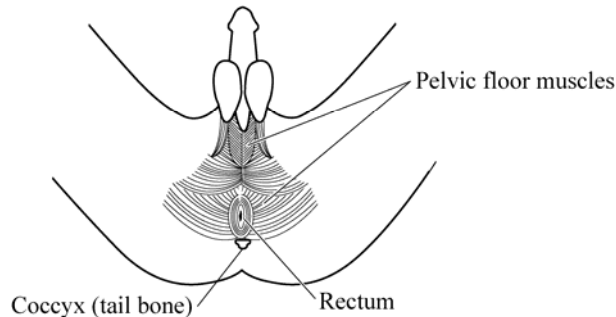


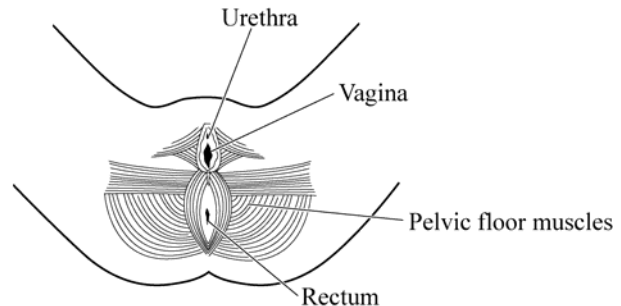
Incontinence Exercise Program

These exercises strengthen the muscles of the pelvic floor. The pictures below show the muscles of the pelvic floor for men and women.

Male Pelvic Floor Muscles



Female Pelvic Floor Muscles



The pelvic floor muscles support and help to close the tube that urine passes through called the urethra. These muscles can weaken to cause incontinence. If you lose urine when you cough or sneeze, the exercises below will help to strengthen the muscles to reduce incontinence.

The Exercises

Some of these exercises are to be done on the floor and some while you sit on a firm chair with arms. You may want to use an exercise mat on the floor. You will also need a ball and an exercise band.

During all of these exercises, keep your breathing slow and easy. Repeat to yourself “**Inhale, relax. Exhale, tighten.**” to get the breathing pattern correct with each exercise.

Do these exercises _____ times each day.

More on next page →

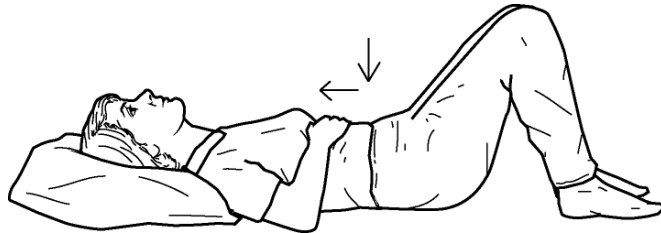
Learn more about your health care.

❑ Pelvic Floor Exercises

1. Lie on your back with legs out straight. Keep your stomach, buttocks and thigh muscles relaxed during the entire exercise.
2. Breathe slowly. Notice your stomach rises when you inhale or take a breath in and your stomach falls as you exhale or breathe out.
3. As you exhale, tighten the muscles that you would use to stop the flow of urine. Hold for a count of 10.
4. As you inhale, release and relax.
5. Repeat 10 times.

❑ Transverse Abdominus Contraction

1. Lie on your back with your knees bent so your feet are flat on the mat. Breathe slowly.
2. As you exhale, pull your belly button up and in as if you are trying to zip up a tight pair of pants and hold.
3. Then inhale and relax your stomach muscles.
4. Repeat 10 times.



❑ Hip Adductor Roll

1. Sit on a firm chair and place a ball between your knees. Breathe slowly.
2. As you exhale, push your knees in on the ball and squeeze. You should feel your pelvic floor muscles tighten and your belly pull up and in.
3. Then inhale and roll or pull your knees out and relax.
4. Repeat 10 times.

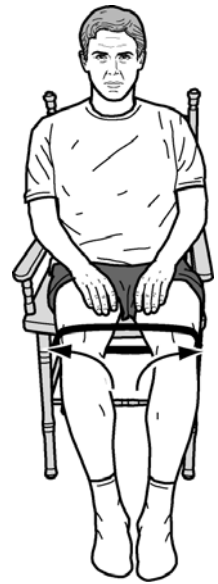
After this becomes easy, begin to hold your ball squeeze for a count of ____ while keeping your normal breathing pattern.



□ Hip Abductor Roll

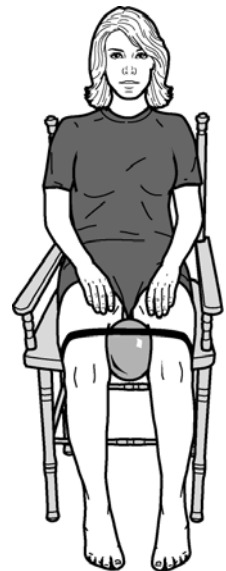
1. Sit on a firm chair and secure an elastic band around your knees. Breathe slowly.
2. As you inhale, roll your knees out against the band. You should feel your pelvic floor muscles tighten and your belly pull up and in.
3. Then exhale and roll your knees in and relax.
4. Repeat 10 times.

After this becomes easy, begin to hold against the band for a count of ____ while keeping your normal breathing pattern.



□ Combination Hip Adductor/Abductor Roll

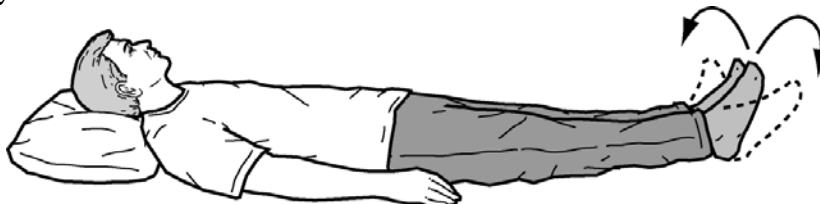
1. Sit on a firm chair. Place the ball between your knees and place the elastic band around your legs above your knees. Breathe slowly.
2. As you inhale, roll out against the band to tightening your pelvic floor and pull your belly button up and in.
3. As you exhale, roll your knees in and squeeze the ball to tighten your pelvic floor and pull your belly button up and in.
4. Repeat this 10 times.



□ Supine/Hook-lying Hip Roll

1. Lie on your back with your legs straight or bent with your feet flat on the mat. Breathe slowly.
2. As you inhale, roll your knees out slightly.
3. Then exhale and roll your knees in.
4. Repeat this 10 times.

Once this becomes easy, as you inhale, roll your knees out while rolling your heels toward each other. Then exhale, and roll your knees in while rolling your toes toward each other.



❑ **Bridges with Hip Roll**

1. Lie on your back with your knees bent, and place your heels close to your buttocks. Breathe slowly.
2. As you inhale, lift your hips 4 to 5 inches off the floor and roll your knees out.
3. Then as you exhale, lower your hips slowly and roll your knees in.
4. Repeat this 10 times.



❖ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**