



Bring this exercise sheet to every therapy visit

My Personal Exercise Program

Name _____

Pelvic Muscle Exercise (Kegels):

1. Hold contraction for _____ seconds Position: buttock upon pillows, lying down,
Rest for _____ seconds sitting, standing
Repeat _____ times
2. Hold contraction for _____ seconds Position: buttock upon pillows, lying down,
Rest for _____ seconds sitting, standing
Repeat _____ times
3. Hold contraction for _____ seconds Position: buttock upon pillows, lying down,
Rest for _____ seconds sitting, standing
Repeat _____ times

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:

Please call Beth if you have questions 563-940-2481