



UROLOGY, P.C.

5500 Pine Lake Road Lincoln, Nebraska 68516 (402) 489-8888 Fax (402) 421-1945

R.A. Crusinberry, M.D.
D.L. Henslee, M.D.
P.E. Howe, M.D.
S.S. Lacy, M.D.
C.E. Larson, M.D.
A.J. Lepinski, M.D.
L.A. Wiebusch, M.D.
D.B. Wiltfong, M.D.
M.K. Fulton, APRN-C
C.T. Bock, PA-C
T.A. Wood, PA-C
K.A. Wragge, PA-C

Pelvic Floor Muscle Exercise Prescription

Please complete the following pelvic floor muscle exercises:

TYPE OF EXERCISE

1. Short or Quick Exercise

Contract the muscle for 2 seconds and immediately relax.

2. Long or Sustained Exercise

Contract the muscle, and hold the contraction for a count of 10, then immediately relax for a count of 10.

Be sure to relax and rest your muscle after each contraction for the same length of the contraction or longer.

EXERCISE SESSION

Lying Down

Do 10 exercises, holding contraction for 2 seconds
Do 10 exercises, holding contraction for 10 seconds

Sitting

Do 10 exercises, holding contraction for 2 seconds
Do 10 exercises, holding contraction for 10 seconds

Standing

Do 10 exercises, holding contraction for 2 seconds
Do 10 exercises, holding contraction for 10 seconds

When you have completed both types of exercises in all three positions, you will have completed one session.

Do two of the above exercise sessions each day for a total of 120 exercises every day. Do one set when you awoken in the morning and one set before falling asleep at night.

SPECIAL TIPS:

- Always empty your bladder prior to beginning your exercise session.
- Count out loud with sustained or long exercises; remember to keep breathing!
- Keep your stomach, leg, and buttock muscles relaxed. Rest your hand on your stomach; it should not move or tense.
- If it helps, take a deep breath between each exercise to help keep other muscles relaxed.