



Patient Worksheet

Kegel Exercise (Pelvic Muscle Exercises)

- **How to identify the correct muscle:**

To find the muscle, place a finger inside your vagina. Squeeze the muscles around your finger. That is the muscle you want to exercise. This muscle is the same one you use to hold back gas or to stop the stream of urine in the middle of voiding.

Do not use your stomach, leg, or buttock muscles. The most common mistake is using too many muscles. To find out if you are also contracting your stomach muscles, place your hand on your abdomen while you squeeze your pelvic floor muscles. If you feel your stomach get hard, then you are also using these muscles.

- **Doing the exercises:**

Squeeze the muscle you identified earlier and hold for a count of **3** seconds, then relax for a count of **3** seconds. Do not hold your breath during the exercises.

Do a series of **10** of these exercises, **4** times a day. After several weeks, try to hold the squeeze for longer periods of time, to the count of **6** or **10**. Again, relax for **3** seconds between squeezes.

Biofeedback / Electrical Stimulation: 8 weekly office sessions

Urgent PC Tibial Nerve Stimulation: 12 weekly office sessions

Bladder Retraining Drills:

Empty your bladder every two hours while awake, whether or not you feel the urge. At night, only get up when you feel an urge to urinate.

For the next ____ days, empty your bladder every _____ hour(s) during waking hours. Attempt to void whether or not you feel the urge. At night, only get up when you feel an urge to urinate.

For the next ____ days, empty your bladder every _____ hour(s) during waking hours. Follow the same instructions as above.

Every ____ days, increase the interval between voids by _____ minutes until you are voiding every _____ hours.

Discontinue All Caffeine Consumption:

Caffeine is a strong irritant to the bladder and may increase your urgency and incontinence.

NOT ALLOWED: regular coffee and tea, cocoa, chocolate, soft drinks with caffeine

ALLOWED: decaffeinated coffee and tea, herbal tea, caffeine-free soda, juice, water

Limit Excessive Fluid Intake: Maximum daily intake of 6-8 glasses of fluid; Don't drink much fluid after 6:00 p.m.