

Here is some helpful information to support you as you continue with Urgent<sup>®</sup> PC PTNS therapy. Please contact our office if you have questions about your care.

## Pelvic floor exercises

Pelvic floor exercises, sometimes referred to as Kegels, are used to strengthen your pelvic floor muscles and make it easier to hold your urine longer. The pelvic floor muscles are located between your legs, and run from your pubic bone at the front to the base of your spine at the back. They are shaped like a sling and hold your pelvic organs (uterus, vagina, bowel and bladder) in place. Locating the correct muscles to use can be a little tricky so don't be embarrassed to ask your provider for help!

## How to perform pelvic floor exercises

1. Locate your correct pelvic muscles. It is important to isolate this group of muscles, and not use any other muscles such as abdominals or buttocks. Think about how you must squeeze your pelvic muscles in order to prevent "passing gas" in public or to hold back a bowel movement.
2. To perform the pelvic floor exercise, squeeze your pelvic floor muscles for 5 seconds, then relax for 10 seconds.
3. Pelvic floor exercises should be performed when sitting, standing and laying down. Repeat 10 times in each position.
4. Make these exercises part of your daily routine by doing them when you do a daily task in that particular position. For example, watching TV, bathing, or responding to an email. Habits are formed with repetition.

## Things to remember

- » Try to isolate the muscles in the pelvic floor. When looking at yourself naked in the mirror, you should not see your stomach, thighs or buttocks move. However, men can expect to see the tip of their penis rise slightly with each successful contraction.
- » Breathe freely, do not hold your breath.
- » Do not do these exercises when you're tired or while driving.

