

Point To Remember

1. Weak pelvic muscles often cause bladder control problems.
2. Daily exercises can strengthen pelvic muscles.
3. These exercises often improve bladder control.
4. Ask your doctor or nurse. Are you squeezing the right muscles?
5. Tighten your pelvic muscles before sneezing, lifting, or jumping. This can prevent pelvic muscle damage.

<p>Sunday</p> <ul style="list-style-type: none"> • I exercised my pelvic muscles _____ times. • I spent _____ minutes exercising. • At each exercise session, I squeezed my pelvic muscles _____ times.
<p>Monday</p> <ul style="list-style-type: none"> • I exercised my pelvic muscles _____ times. • I spent _____ minutes exercising. • At each exercise session, I squeezed my pelvic muscles _____ times.
<p>Tuesday</p> <ul style="list-style-type: none"> • I exercised my pelvic muscles _____ times. • I spent _____ minutes exercising. • At each exercise session, I squeezed my pelvic muscles _____ times.
<p>Wednesday</p> <ul style="list-style-type: none"> • I exercised my pelvic muscles _____ times. • I spent _____ minutes exercising. • At each exercise session, I squeezed my pelvic muscles _____ times.
<p>Thursday</p> <ul style="list-style-type: none"> • I exercised my pelvic muscles _____ times. • I spent _____ minutes exercising. • At each exercise session, I squeezed my pelvic muscles _____ times.
<p>Friday</p> <ul style="list-style-type: none"> • I exercised my pelvic muscles _____ times. • I spent _____ minutes exercising. • At each exercise session, I squeezed my pelvic muscles _____ times.
<p>Saturday</p> <ul style="list-style-type: none"> • I exercised my pelvic muscles _____ times. • I spent _____ minutes exercising. • At each exercise session, I squeezed my pelvic muscles _____ times.