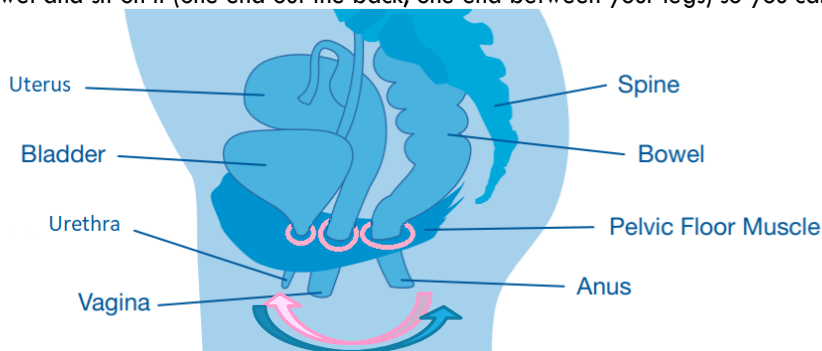


Pelvic Physio ♀

- Make sure you are staying hydrated
- Avoid bladder triggers (caffeine, acidic foods, berries, chocolate, alcohol – different people triggered by different things)
- Try to hold urine in bladder until able to comfortably hold 2c urine (may be helpful to measure and keep urine diary)

The Wave

- Contracting wave: focus on tightening anus, vagina then urethra so all are tight
- Relaxing wave: release the urethra, vagina and anus so all are relaxed
- Make sure you are not using your bum muscles, back or abs!! Breath while doing each exercise!
- May help to roll a towel and sit on it (one end out the back, one end between your legs) so you can feel the muscles contract

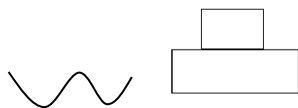


The Elevator

- Use the wave to contract all the pelvic floor muscles, then raise them up and down like an elevator

Do each exercise with prescribed reps **5 times a day**

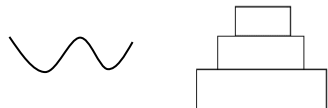
Week #1



Wave x10

Elevator x5: wave to contract, then increase contraction to 50% then 100% then back down to 50% then baseline and release wave

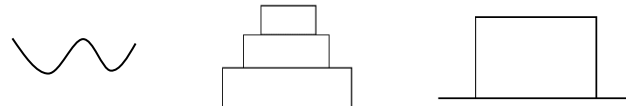
Week #2



Wave x5

Elevator x10: wave to contract, then increase contraction to 30% then 60% then 100% then back down to 60% and then 30% and then baseline and release wave

Week #3



Wave x3

Elevator x5: wave to contract, then increase contraction to 30% then 60% then 100% then back down to 60% and then 30% and then baseline and release wave

Holding elevator x5: wave to contract then increase right to 100% and hold 5-10s then quickly back to baseline and release wave

Week #4

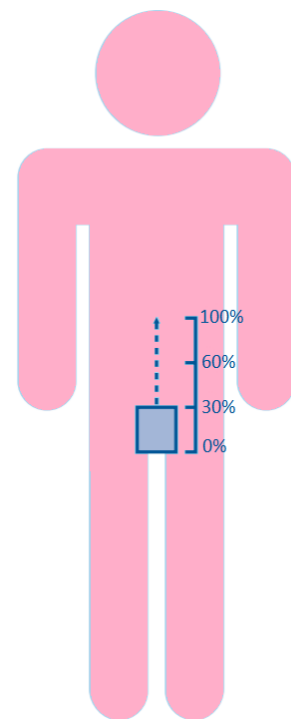


Wave x5-10

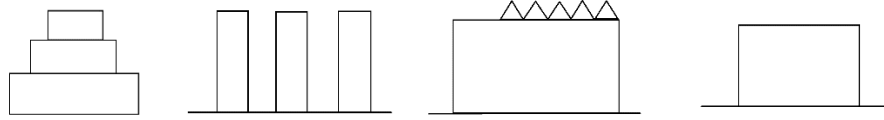
Elevator x5: wave to contract, then increase contraction to 30% then 60% then 100% then back down to 60% and then 30% and then baseline and release wave

Fast elevator x 5: wave to contract, then increase contraction to 100% and after 1 second relax down to baseline for 1 second then back up to 100% x 3 then relax wave

Holding elevator x10: wave to contract then increase right to 100% and hold 5-10s then quickly back to baseline and relax wave



Week #5-6



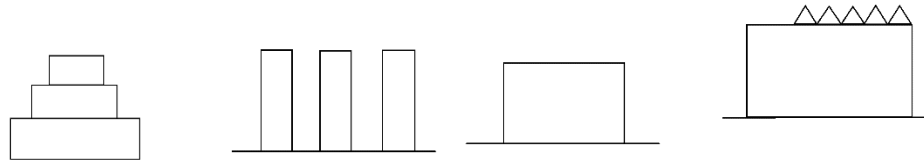
Elevator x5-10: wave to contract, then increase contraction to 30% then 60% then 100% then back down to 60% and then 30% and then baseline and release wave

Fast elevator x 10: wave to contract, then increase contraction to 100% and after 1 second relax down to baseline for 1 second then back up to 100% x 3 then relax wave

Combos x10: wave to contract, increase to 100% for a couple seconds then pulse to 110% x 5 then relax down to baseline and relax wave

Holding elevator x5: wave to contract then increase right to 100% and hold 5-10s then quickly back to baseline and relax wave

Week #7-8

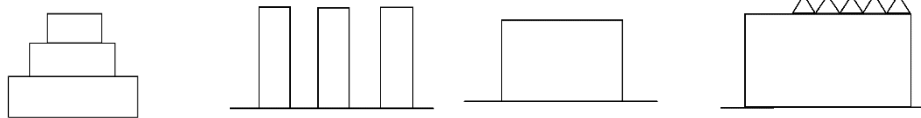


Elevator x10: wave to contract, then increase contraction to 30% then 60% then 100% then back down to 60% and then 30% and then baseline and release wave

Fast elevator x 10: wave to contract, then increase contraction to 100% and after 1 second relax down to baseline for 1 second then back up to 100% x 3 then relax wave

Holding elevator x5: wave to contract then increase right to 100% and hold 5-10s then quickly back to baseline and relax wave

Combos x10: wave to contract, increase to 100% for a couple seconds then pulse to 110% x 5 then relax down to baseline and relax wave



Week #8-12 *only 3 times a day not 5

Elevator x10: wave to contract, then increase contraction to 30% then 60% then 100% then back down to 60% and then 30% and then baseline and release wave

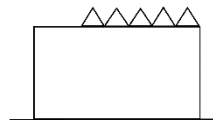
Fast elevator x 10: wave to contract, then increase contraction to 100% and after 1 second relax down to baseline for 1 second then back up to 100% x 3 then relax wave

Holding elevator x10: wave to contract then increase right to 100% and hold 5-10s then quickly back to baseline and relax wave

Combos x10: wave to contract, increase to 100% for a couple seconds then pulse to 110% x 5 then relax down to baseline and relax wave

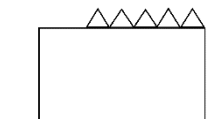
Week #13-17 *only 3 times a day not 5

Combos x10: wave to contract, increase to 100% for a couple seconds then pulse to 110% x 5 then relax down to baseline and relax wave



Week #18+ *only once a day to maintain

Combos x10: wave to contract, increase to 100% for a couple seconds then pulse to 110% x 5 then relax down to baseline and relax wave



**Make sure you are not using your bum muscles, back or stomach muscles!!
Remember to keep breathing while you do each exercise!**

* may be helpful to diary your progress and keep track of how many times a day you are doing the exercises

*This is not the same as going to a professional pelvic physiotherapist – they would be able to tailor therapy specific to you and offer much more detailed feedback – please talk to your doctor about local specialists