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# Bladder Exercises

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## Kegel Exercises

- The “Kegel” is an exercise to strength the muscles of the pelvic floor. These muscles support the bladder. Strong pelvic floor muscles help you control urine flow when you have the urge to urinate.
- You can learn to Kegel by tightening the vaginal canal as if you were trying to keep something from falling out while keeping your buttock and abdominal muscles relaxed. Do 10 Kegels, holding each for 5-10 seconds. Associating Kegels with activities such as washing dishes or stopping at stop lights, will help you remember to do them.
- Kegel when you cough, sneeze, lift something heavy or when you think you are not going to make it to the toilet.
- Be patient, Kegels will get easier to do as you practice. It may take up to 3 months before you notice better control.

## Void Schedule

- The goal of scheduled voiding is to learn to empty your bladder when you want to instead of when your bladder tells you to.
- Start out emptying your bladder every \_\_\_\_\_ minutes during the day. Follow this schedule for 3 to 14 days until you can do it easily without any incontinence.
- Next, empty your bladder every \_\_\_\_\_ minutes until you can do it easily without any incontinence.
- Continue by adding 15 minutes each week until you are able to void every 3 hours without any incontinence.

## Distraction Techniques

- If you feel the urge to urinate before your scheduled time, there are several methods you can use to make the urge go away. *Do not panic or rush to the bathroom.* This will only make the urge worse.
- Stand still or sit down. Keep your legs together. Take a few deep breaths, letting them out slowly.
- Kegel several times in rapid succession without fully relaxing between them.
- Do any activity that will take your mind off your bladder.
- Remember the feeling of urgency is just that; a feeling. The urge to urinate occurs long before the bladder is at it's maximum capacity.

## Fluid Management

- Drinking the proper amounts of fluid is necessary for good health.
- Drinking too little causes the urine to be concentrated and may irritate the bladder wall. Drinking too much can cause the need to urinate more frequently and may make bladder retraining difficult.
- You need 6-8 cups of fluid per day. You get some fluids from the foods you eat such as fruits, vegetables, and soups.
- Limit fluid intake after 6 pm. This will decrease your need to wake up and void during the night.
- Avoid bladder irritants that increase the feeling of urgency. These irritants include caffeine, alcohol, and acidic fruits and juices.

## Other Recommendations:

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Wishing you a  
healthy life...

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## Note!

If you have  
questions  
concerning  
Bladder  
Exercises,  
call us and  
schedule an  
appointment to  
see your health  
care provider!

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