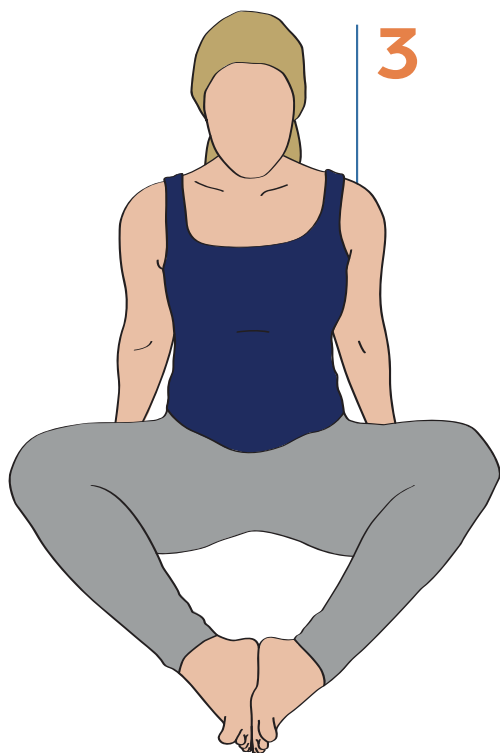
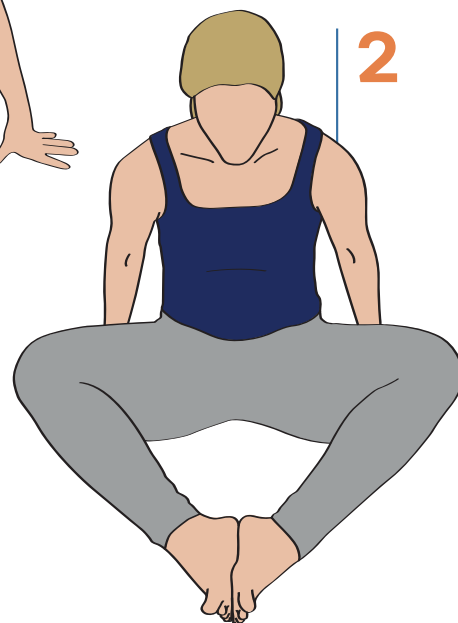
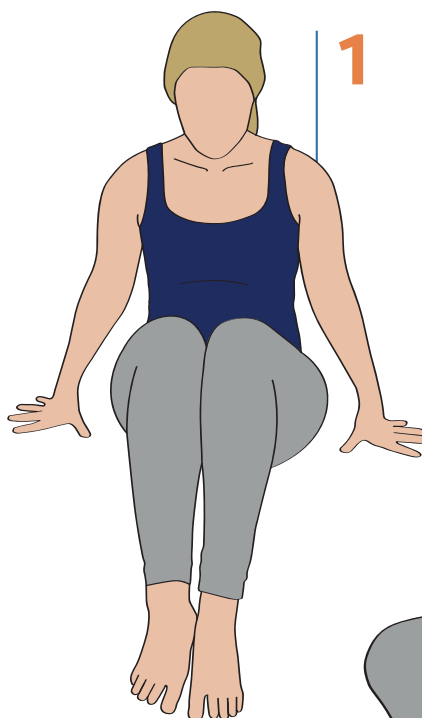


Bladder and bowel exercises

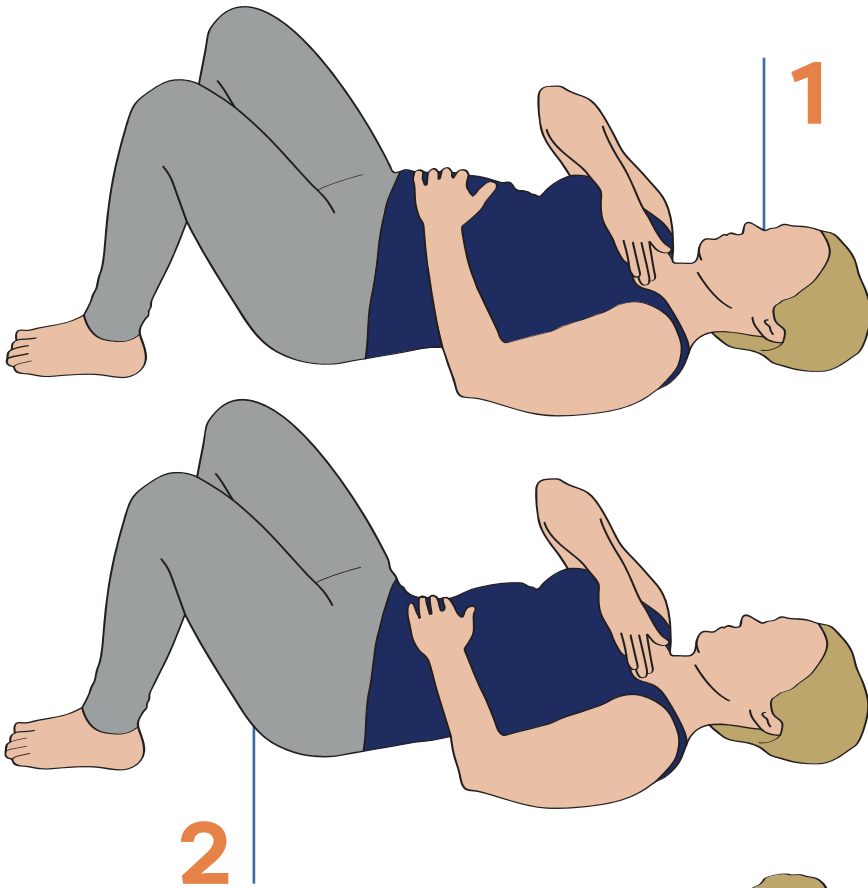
Dr Gretchen Hawley gives us some simple exercises to help improve your bladder and bowel symptoms

Butterfly

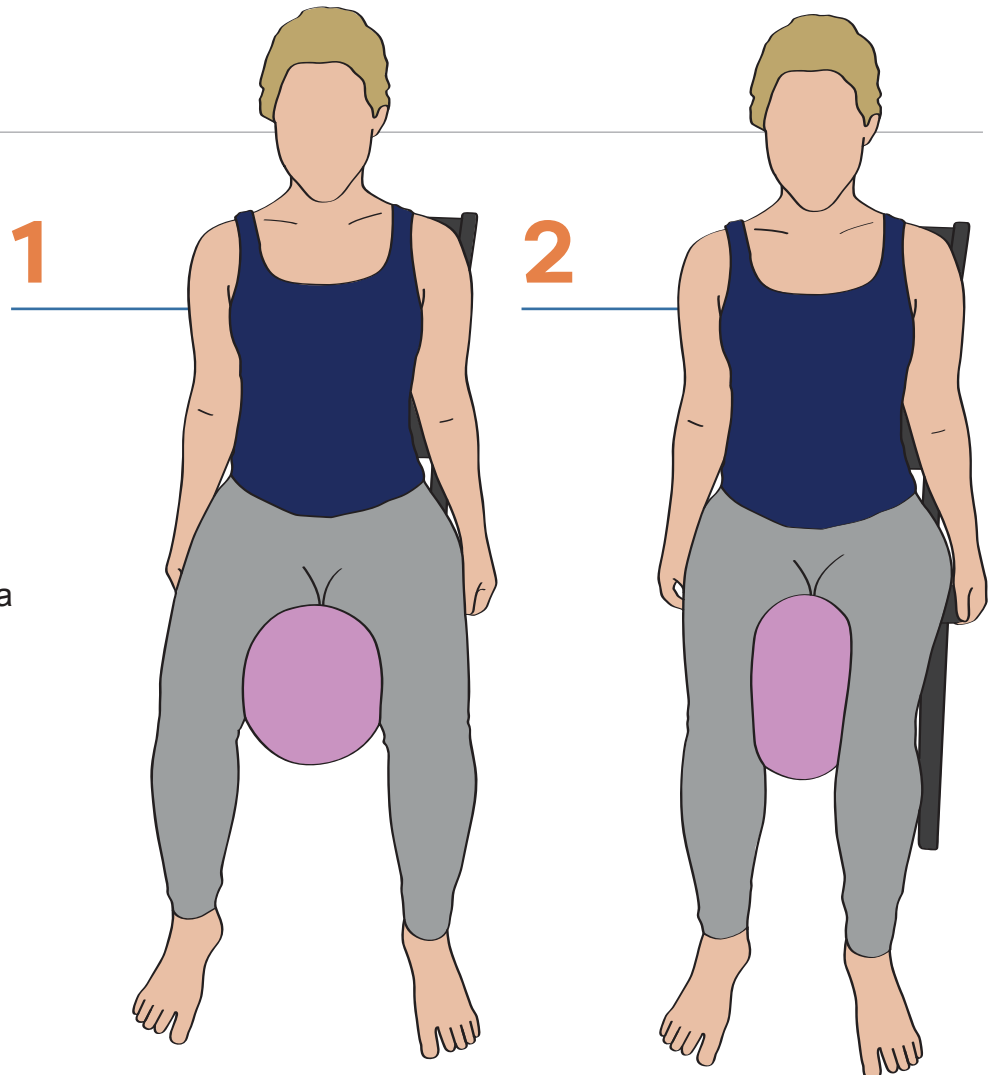
- Start by sitting on the floor or bed with your hands on the surface you're sitting on. Bend your knees and bring the bottom of your feet together, allowing your knees to fall down to the side
- From here, sit up tall with a flat back. You should feel this stretch in your inner hips and thighs
- If you need more intensity, place your hands on the lower part of your thighs and lightly press down toward the floor. Hold for 20-30 seconds, then release the stretch. Repeat 2-4 times



Diaphragmatic breathing



- You can perform this breathing exercise in a seated position or lying on your back. If lying on the floor, place your feet on the floor with your knees facing up toward the ceiling. If seated, sit up tall towards the back of the chair
- From here, place one hand on your chest and the other on your upper belly. Slowly inhale through your nose while pushing your stomach upward against your hand – the chest should remain still
- When you're ready, exhale slowly through pursed lips, allowing the stomach to collapse down toward the floor. Again, the chest should remain still. Practice this breathing pattern for 5-10 minutes, at least once per day



Ball squeeze

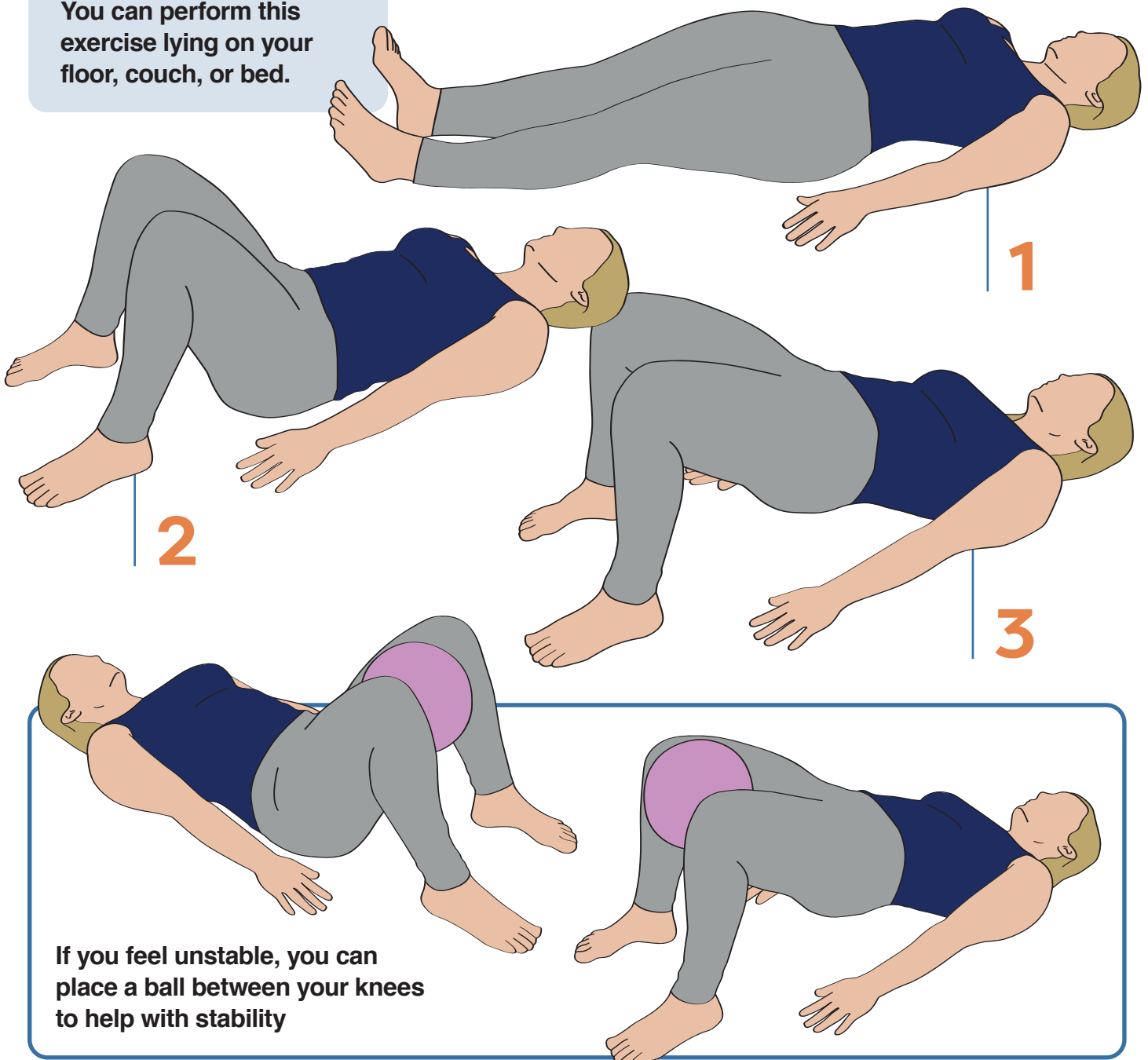
- Sit on a firm chair or couch with your feet flat on the floor, slightly less than shoulder distance apart. Sit up tall with a flat back and place a ball between your knees
- Tighten your abdominal muscles, and slowly squeeze the ball with your knees. Hold for 2-3 seconds, then slowly release
- Do up to 15 good quality repetitions. You should feel this in your abdominals as well as your inner thighs

Exercises from home

Bridging

- Lay on your back and bend your knees to bring your feet in toward your hips. Your feet should be flat on the floor about shoulder distance apart and your knees should be facing up
- From here, extend your arms down the side of your body with your palms facing the surface of you're lying on. Next, push your feet, hands, and shoulders down into the surface as you lift your hips/ buttocks up off of the surface you're lying on. Hold for 3-5 seconds, then slowly lower
- Perform 10 good quality repetitions. You should feel this in your gluteal and hip muscles.

You can perform this exercise lying on your floor, couch, or bed.



If you feel unstable, you can place a ball between your knees to help with stability