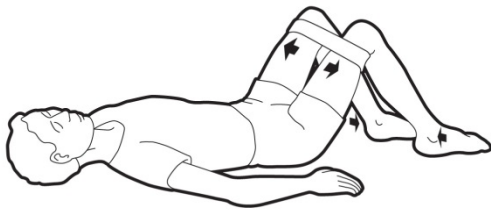


## Exercises to help your bladder and bowels

Exercise	Relax
<ul style="list-style-type: none"> <li>• Exercise strengthens your muscles. This will help you hold urine and stool, and empty effectively.</li> <li>• Try and do these exercises at least two times a day.</li> <li>• When you exercise, concentrate on the muscles that you are using. Don't hold your breath. Breathe regularly and relax other parts of your body.</li> </ul>	<ul style="list-style-type: none"> <li>• Do progressive relaxation at least once a day. Make up your own relaxation story!</li> <li>• Think about that feeling of relaxation when you go to pee or have a bowel movement.</li> </ul>

### Exercise #1 The Clam Shell



#### Starting position:

- Lie on your back with your knees bent and feet on the floor.
- Keep your knees together and put a Theraband around both legs, right above your knees. Make sure the Theraband is secure.

#### Exercise:

1. Open the Clam Shell: Push your knees apart against the band - enough so that you can fit your fist in between. Let your heels slide in towards each other. Hold for 10 seconds.
2. Close the Clam Shell: Relax and return to your starting position for 10 seconds.
3. Repeat 10 times.

### Exercise #2 The Knee Squeeze



#### Starting position:

- Lie on your back with your knees bent and feet on the floor.
- Place a soft ball between your knees.

#### Exercise:

1. Squeeze your Knees: Squeeze the ball with your knees. Let your heels slide away from each other. Hold for 10 seconds
2. Relax: Relax and return to your starting position for 10 seconds.
3. Repeat 10 times.