



Can walk, Can walk with assistance

For people who would like to be able to hold urge of excretion until going to the bathroom

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Can walk, Can walk with assistance

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B
C

The reason for urine leakage when sneezing or holding heavy objects is because the pelvic floor muscle loses its contractile power. You should train your pelvic floor muscle to prevent the urine from leaking before going to the bathroom.

1 Up-and-Down exercise (5 sets)

Pelvic floor muscle exercise

*Prepare an empty plastic bottle.

*Roll velcro tape around the plastic bottle to prevent it from slipping down while exercising.



Holding plastic bottle between your thigh.



Keep holding plastic bottle while standing up.

*Use the power of your legs as much as possible.

2 Table support exercise (5 sets)

Pelvic floor muscle exercise



Stand with your legs shoulder width apart.



Put your hands on the table to support the weight of your body.



Tighten the anus and vagina, then relax.

*Tighten anus and vagina for 3 seconds then relax.

*Keep your back straight and look straight.

*Tighten the vagina as like you are trying to stop urine.

