



Can sit & stand with assistance

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

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The reason for urine leakage when sneezing or holding heavy object 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 Ball rolling exercise (10 seconds)

Pelvic floor muscle exercise



Sit on the chair and rolling the ball with the bottom of your foot.

*Rolling the ball with the bottom of your feet from left to right, front to back and drawing circles.

*Recommend to use a soft ball.

2 Pelvic floor muscles training exercise in sitting position (5 sets)

Pelvic floor muscle exercise



Sit on the chair and spread your legs to shoulder width. Squeeze your anus and vagina, then relax.

*Tighten anus for 3 seconds then relax.

*Keep your back straight and look straight.

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

*Lift both heels up