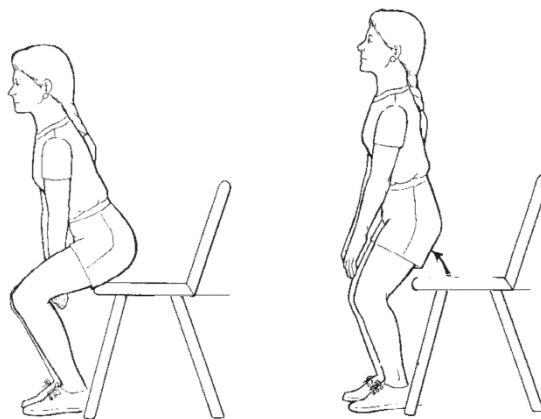


Name: _____

Date: _____

Squat Exercises

1. Standing with feet flat on the floor
2. Tighten lower abdominal and pelvic floor muscles as you squat down keeping the knees over the feet. Only squat as far as you have control of your pelvic floor muscles.
3. Hold _____ seconds
4. Push down through the heels and stand up. Release the pelvic floor contraction once upright.
5. _____ repetitions, _____ sets _____ times per day.



Continue with the pelvic floor strengthening exercises.

Hold _____ seconds, rest _____ seconds

Repeat _____ times, _____ sets. _____ time/s per day

Position: Lying	Seated	Standing	Squatting
Marching	Low Step on the spot	Medium High step / stair	High Knee higher than hip

When easier progress to: Hold _____ seconds, rest _____ seconds

Repeat _____ times, _____ sets. _____ time/s per day

When easier progress to: Hold _____ seconds, rest _____ seconds

Repeat _____ times, _____ sets. _____ time/s per day

The Knack:

Pre - tighten and keep tight the pelvic floor muscles when you cough, sneeze, lift, push, pull, carry and sit to stand.

Other: _____

If you have any questions please do not hesitate to contact Eileen Lavis or Karen Burns on 4975-1622.