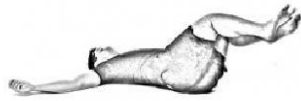
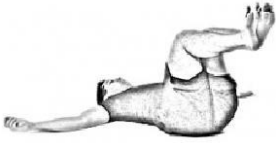


Incontinence Home Program

1. Trunk Rotation



- Lie on your back and with your knees bent keeping feet on the floor.
- Slowly lower legs to one side until you feel a gentle stretch, return to mid-line, and repeat to opposite side.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

2. Hamstrings Stretch



- Lying on your back, lift a leg up and place a towel behind the lower leg. Pull on the towel to bring the leg toward your body while keeping your stretched leg straight.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

3. Stretching Flexion



- Lie on your stomach and place a towel or belt around your ankle.
- Bend your knee by pulling on the towel with your arms until you feel a stretch.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

4. Figure 4



- Lie on your back and have one leg bent.
- Place the ankle of the opposite leg over the knee in a figure 4 position.
- Using both hands, grab the knee and pull the knee towards your opposite shoulder until you feel a gentle stretch at the

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

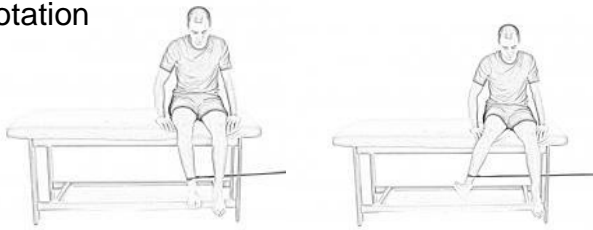
5. Butterfly stretch



- Sit down and bring your heels together as close as possible to your hips.
- Grab the forefoot with your hands to pull the torso forward to feel a comfortable stretch in the groin/inner thigh.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

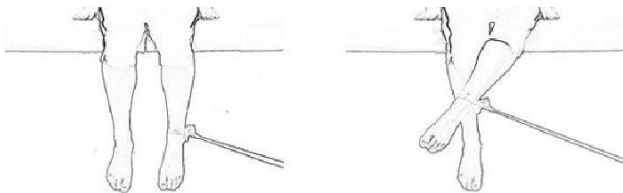
6. Internal Rotation



- Attach an elastic to a secure object at ankle level.
- Sit with the knees at 90° and loop the elastic around the outside ankle, then pull the ankle outward keeping the hips level and pelvis solid.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

7. External Rotation



- Attach an elastic to secure object.
- Sitting with knees bent at 90 degrees loop elastic around ankle.
- Pull ankle inward and return to starting position.
- Keep hips level and pelvis solid.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

8. Stability Ball: Side to Side



- Sit on a ball with your thigh parallel to the ground, your feet flat on the floor and your back in neutral position (slightly arched).
- Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles 20 to 30% of a maximal contraction.
- Maintain a steady abdominal breathing while you move your pelvis to one side and then the other keeping your shoulders and your torso completely still.
- Repeat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

9. Stability Ball: March



- Sit on a ball with your thigh parallel to the ground, your feet flat on the floor and you back in neutral position (slightly arched).
- Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles (inner thigh) 20 to 30% of a maximal contraction.
- Maintain a steady abdominal breathing while you raise one knee keeping your back and pelvis completely still.
- The ball should not move during the exercise.
- Lower your leg and repeat on other side.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

10. Stability Ball: Posterior Pelvic Tilt



- Sit on a ball with your thigh parallel to the ground, your feet flat on the floor and your back in neutral position (slightly arched).
- Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles (inner thigh) 20 to 30% of a maximal contraction.
- Round out your lower back by pushing your pelvis backwards.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

11. Active ROM Pelvic Tilt



- Lie on your back with your knees bent.
- Activate your lower abdominals (transversus abdomini) by bringing your belly button inward.
- Tilt your pelvis and flatten your back to the ground.
- Return slowly to initial position and repeat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

12. Bridges



- Lie on your back with your knees bent.
- Lift your bottom off the floor and then lower back down.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

13. Ball Squeeze



- Lying on back with knees bent to 90 degrees.
- Place ball between knees with feet in line with knees.
- Squeeze ball by squeezing knees together.
- Return and repeat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

14. Clams



- Lie on your side with a band above your knees
- Your hips should be flexed slightly and your head supported.
- Keep your feet together and open the top knee to externally rotate the hip.

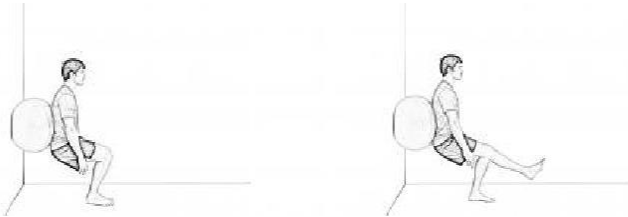
Sets: _____

Repetition: _____

Weight: _____

Frequency: _____

15. Strengthening Wall Squat



- Place a ball between your back and the wall with your feet apart the width of your hips and facing forward.
- Slowly bend your knees to 90 degrees keeping knee caps in line with 2nd toe.
- Lift one foot off the ground.
- Lower your foot and slowly return to standing position and repeat.
- NOTE: Maintain proper low back posture (slightly arched) and stability of the knees (avoid any lateral movements).
- Don't let your knees go further than your ankles.

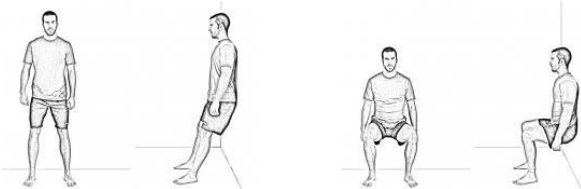
Sets: _____

Repetition: _____

Weight: _____

Frequency: _____

16. Wall Squat



- Stand up against a wall with your feet in front of you (distance feet/wall: when your thighs are parallel to the ground your knees should be at 90°).
- Slide up and down the wall and keep the upper body in contact with the wall.
- Keep the knees in line with the feet.

Sets: _____

Repetition: _____

Weight: _____

Frequency: _____

17. Marching in Place



- Start forward by lifting the leg with the knee bent, trying to touch it to your chin.
- Try not to lean into the knee and keep the posture straight as much as possible.

Sets: _____

Repetition: _____

Weight: _____

Frequency: _____

18. Jumping In Place



- Keep your eyes open for this exercise.
- Jump on the spot.

Sets: _____

Repetition: _____

Weight: _____

Frequency: _____

19. Forward Lunge



- With your knee at hip width, take a step forward and try to get a 90 degrees flexion at the knee and the hip. Keep your torso and your hip stable and the foot aligned with the knee and the hip. Return in control to the starting position and repeat.

Sets: _____

Repetition: _____

Weight: _____

Frequency: _____

20. Seated Hip Abduction



- Sit down on a chair with a band tied around your knees.
- Make sure the band is taut before starting the exercise.
- Pull your knees out to open your legs against the band with your feet planted on the floor.

Sets: _____

Repetition: _____

Weight: _____

Frequency: _____