

Practicing “Slow” Pelvic Muscle Squeezes to Stop Incontinence (Bladder Leaks)

[Practicing “Slow” Pelvic Muscle Squeezes to Stop Incontinence \(Bladder Leaks\)](#) (5 minutes)

00:12

Now let's start your pelvic floor muscle exercises. Contract and hold the squeeze for One...two...three...four...five...six...seven...eight...nine...ten. Now relax.

00:23

Now squeeze your pelvic floor muscles. One...two...three...four...five...six...seven...eight...nine...ten. Now relax.

00:58

Now squeeze your pelvic floor muscles and remember to keep your thigh, stomach, and buttocks. Relax while you squeeze that pelvic floor. Squeeze one...two...three...four...five...six...seven...eight...nine...ten. Now relax the muscles.

01:33

Now contract and hold one...two...three...four...five...six...seven...eight...nine...ten. Relax.

01:43

Now contract and squeeze one...two...three...four...five...six...seven...eight...nine...ten. Relax.

02:02

Now contract, but keep your thighs, stomach, and buttocks relaxed. Contract and hold the pelvic floor muscle. One...two...three...four...five...six...seven...eight...nine...ten. Relax the muscle.

02:26

Contract and squeeze. One...two...three...four...five...six...seven...eight...nine...ten.

02:37

Now contract and squeeze. One...two...three...four...five...six...seven...eight...nine...ten. Now relax your muscle. You're doing a great job.

03:06

Contract and squeeze. One...two...three...four...five...six...seven...eight...nine...ten. Now relax.

03:27

Contract and squeeze. One...two...three...four...five...six...seven...eight...nine...ten. Now relax.

03:47

Okay, you're done exercising good job. You're making great progress towards a healthier you and better bladder control.