

# Stress Incontinence (Bladder Leaks), Session of “Quick” and “Slow” Pelvic Muscle Strengthening Exercises

[Stress Incontinence \(Bladder Leaks\), Session of “Quick” and “Slow” Pelvic Muscle Strengthening Exercises](#) (4 minutes)

00:00

Now let's start your pelvic floor muscle exercises.

00:03

Contract your pelvic floor muscle quickly and as hard as you can. One, two, now relax.

00:12

One, two, now relax.

00:17

Now contract and hold. One, two, and relax.

00:24

Contract and squeeze. One, two, now relax.

00:30

Contract. One, two, relax.

00:36

Contract quickly now. One, two, relax.

00:42

Contract your muscle quickly and as hard as you can for one, two, relax.

00:50

Now contract and hold. One, two. Now relax.

00:57

Contract and squeeze. One, two, and relax.

01:03

Contract one, two. Now relax. Very good job. Now let's move on to the long muscle contractions where you will squeeze and hold the squeeze for 10 seconds followed by 10 seconds of muscle relaxation. Let's start.

01:23

Contract and hold the muscles squeeze for one, two, three, four, five, six, seven, eight, nine, ten. Now relax.

01:48

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

02:12

Now squeeze your pelvic floor muscles and remember to keep your thighs, stomach, and buttocks relaxed. So squeeze one, two, three, four, five, six, seven, eight, nine, ten. Now relax.

02:51

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

03:16

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

03:47

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

04:12

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

04:36

Contract and squeeze your pelvic floor muscle one, two, three, four, five, six, seven, eight, nine, ten. Relax.

05:02

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

05:26

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

05:50

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