



# Gymnastics against Incontinence

Information for Patients

## By yourself or within a group?

If you perform your daily exercises by yourself (at home) or under the supervision of an experienced physical therapist is a subject to discuss with your physician. A proper instruction at the beginning of the therapy is very senseful – no matter if performed alone or within a group.

## Don't overdo it

There is no rule of the thumb how often you should repeat the exercises. Vary the intensity of your training according to your personal state of health and make sure not to overdo it.

## Training is fun

After a while you will notice that your daily exercises will be rewarded and a significant alleviation of your symptoms will take place. At least from this day on your training will not be an unpleasant duty anymore but a pleasant activity which you will enjoy daily.

### 1. Exercise

#### Knee-elbow position

Kneel down and lie on your elbows. Feet remain together, knees are a little bit apart so pelvis and abdomen are relaxed. Position head between your forearms.



- ▶ Let your breath flow quietly.
- ▶ While breathing – to stimulate your pelvic floor diaphragm – speak out loud „lick“, „lack“, „lock“, feel into yourself.
- ▶ Another stimulating effect on your pelvic floor diaphragm is rolling your „R“ with your tongue, speaking out loudly „Brrrrr“.

In this position the suction of the diaphragm has a lifting effect on bladder and pelvic floor. Moving the diaphragm transmits into the entire abdominal wall muscles including the pelvic floor. Stressing the ending sounds will enhance the lifting movement of the diaphragm.

## 2. Exercise

### Beetle position

Lie flat on your back; lift arms and legs loosely.



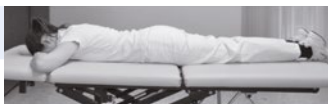
- ▶ Stay in this position for a while.
- ▶ Let your breath flow.

Repeat this exercise 3 times alternating with 1. exercise. This exercise improves blood circulation by letting blood flow into the lower parts of the body, in this case from the legs into the pelvis. Changing your position by alternating between exercise 1 and 2 works as exercise for the blood vessels and improves blood circulation.

## 3. Exercise

### Stomach position

Lie on your stomach on a firm underground. Let your breath flow calmly. Realize your breathing movement touching the underground.



- ▶ While exhaling slowly (lip brake) press your pubic bone against the floor while putting tension on muscles of pelvic floor and lower abdomen.
- ▶ While inhaling release the pressure and extend yourself with the incoming air.

### Important

The dynamical tension will only be built up by slow exhaling (lip brake).

The purpose of this exercise is strengthening the elasticity of the muscles of pelvic floor and abdomen.

## 4. Exercise

### Knee-elbow position

Stand on your hands and knees. Top of feet are flat on the floor. Bend your elbows slightly, look on the floor.



- ▶ Swing your knees up and down without touching the ground.
- ▶ Continue breathing and say „wipp-wipp-wipp“.
- ▶ Repeat exercise as long as it is pleasant.

### During break:

Knee-elbow position as in 1 to relieve your wrists. This exercise helps to strengthen your abdomen muscles.

## 5. Exercise

### Dynamical stand

Stand upright, feet are parallel, knees are slightly bent.

- ▶ Feet remain on the ground. Move pelvic, chest and head in an elliptical track. Alternate putting weight on each foot. The circles should not extend the outline of your feet spinal column remains upright without bending sideward.

The dynamical stand works against muscular fatigue.

## 6. Exercise

### Adequate sitting position

Sit on a tilted underground (use a wedge pillow).

- ▶ Sit upright, spread your legs as far as it is still comfortable and relaxing (find out the proper distance between your legs by testing).

This position should become your every day habit. It relieves pressure of your pelvic floor and the spinal column. Using a wedge pillow supplies additional support to your pelvis. The abdominal muscles support your intestines which relieves pressure of the pelvic floor.

## In General

The causes of female incontinence are various.

- ▶ Genetical constitution of a primary tissue weakness.
- ▶ Loosening of pelvic floor muscles (i.e. due to pregnancies or overweight).
- ▶ Impair of the closing mechanism of the bladder (caused by infections, tumors or operations).
- ▶ Permanent pressure on the pelvic floor (i.e. due to allergic sneezing, chronic coughing, constipation).
- ▶ Permanent strenuousness (i.e. due to extended standing, a bent sitting position, heavy lifting, wrong training of abdominal muscles in back position.)

In most cases incontinence can be alleviated or totally eliminated by a proper therapy. Depending on the type of illness various therapies can be applied, sometimes even surgery.

Most important for a successful treatment of incontinence will be your compliance. The following exercises being introduced to you are specially developed for the treatment of incontinence.

### Aims

- ▶ Promotion of blood circulation and therefore energy gain for the weakened pelvic floor muscles.
- ▶ Improvement of position of bladder and uterus.
- ▶ Strengthening of bladder sphincter.

While performing these exercises you should acquire a certain feeling to experience daily activities and movements more consciously, especially making sure to decrease compression on your spinal column (i.e. while standing, bending over, lifting, coughing or moving your bowels).

**May you do well!**

**Your department of physiotherapy**

## Map



More information to journey and parking in the internet:  
[www.ukw.de/anreise](http://www.ukw.de/anreise)

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