Proper exercise of pelvic muscles can help regain control and strengthen them.
**Step 3: Start Practicing Your Pelvic Exercises**

- Pull in the pelvic muscles and hold for a count of 3. Then relax for a count of 3. Work up to **10 to 15 repeats** ("one set") **3 times per day**.

- Try to practice in 3 different positions. If convenient, do one set lying, one set sitting, and one set standing. If doing your exercises in 3 positions is inconvenient, just do them where you feel most comfortable. You can exercise while lying on the bed or couch, sitting at a desk, couch or chair, or standing anywhere.

**When Will I Notice Improvement?**

- Many women do notice an improvement after a few weeks. However, you may not feel your bladder control improve until after **3 to 6 weeks** of doing the exercises **3 times per day**.

*For more information, contact:*
National Association for Continence www.nafc.org (800) BLADDER
The Simon Foundation for Continence www.simonfoundation.org (800) 23-SIMON
American Urological Association www.aua.net.org (410) 727-1000

Healthy sphincter muscles can keep the urethra closed.