



## Incontinence Facts

by NEWLIFEOUTLOOK TEAM

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### Facts and Tips that Apply to Overactive Bladder

Kegel exercises are a great exercise to perform if you have an overactive bladder. These exercises are for both men and women. If you've ever tried to stop urinating when you're not done, this is the muscle that is exercised when you perform Kegel exercises. For this exercise, you contract that muscle and hold that contraction for a brief period of time (around 3 seconds but your doctor may provide a different amount of time), and then release. Perform multiple contractions, but keep in mind that this is a muscle and it can be strained. 12 contractions can typically be done when you're just starting off and won't cause you any difficulty.

