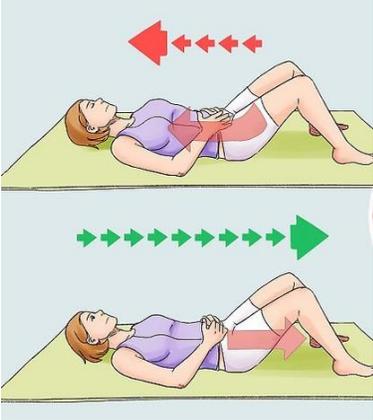


Bladder Cancer Canada

Sample of Exercise Program

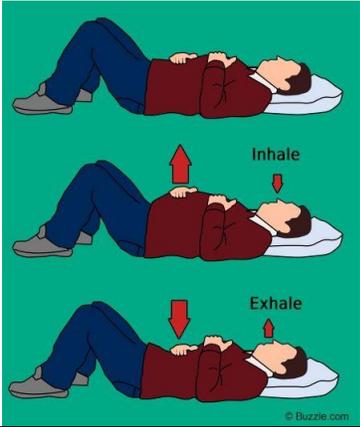
Completed by: Amy Sweeney, Cancer Exercise Therapist
To contact for questions or more information: amy@botf.ca

Exercise	Equip	Sets	Reps	Wt
<p>Kegel</p> <p>Lying on back with legs hip width apart and knees bent with feet on the ground. Legs can be out straight if more comfortable.</p> <p>If required, place towel or pillow under head but not shoulders to help with any tightness felt in neck and upper back.</p> <p>Place fingers onto lower abdominals (between hip bones) and cough –this is the feeling you are looking for when you activate your pelvic floor (deep core) muscles. Engage these muscles independently by imagining you need to hold in a pee – hold for 5 and release.</p> <p>Another way to think of this exercise is lifting your vaginal wall or testicles up towards your belly button and then release.</p> <div style="text-align: center;">  </div>	N/A	3	10	N/A
<p>Common mistakes: Squeezing butt cheeks together instead of accessing lower core alone.</p>	<p>Target muscles Pelvic Floor</p>		<p>Modifications N/A</p>	

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<p>Transabdominal Breathing Lying on back, knees bent and feet flat on floor – straight legs and pillow are again okay. Place one hand on chest and the other on stomach – or to the side of the body with palms up. Inhale through the nose filling up the belly for a count of 3-4 Exhale through mouth, belly lowers back down for a count of 3-4 bringing belly button down to the spine by engaging core/pelvic floor and bringing rib cage down and in. This should feel like a nice pull through the back and it becomes “neutral”</p> 	N/A	3	30sec	N/A
<p>Common mistakes: Breathing into chest Flattening back to the ground Using glutes when engaging core</p>	<p>Target muscles Transabdominal Pelvic Floor</p>	<p>Modifications Harder- add with Frog legs</p>		

Bladder Cancer Canada Sample of Exercise Program

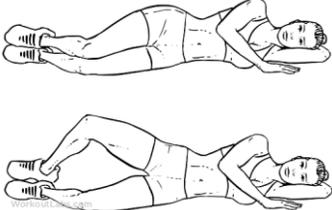
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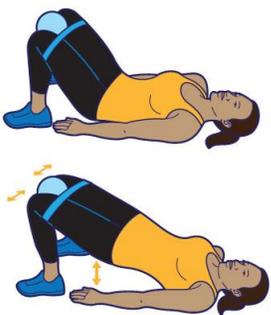
<p>Frog legs Lie on back with soles of feet together and knees dropped out. Neck should be lengthened (chin tuck), add a towel or pillow behind head if needed. If inner thighs are extremely tight and relaxing is difficult place pillows beside hips and underneath knees to provide external support Take deep breath in filling up stomach with air As you breath out engage core, push feet together and pinch butt cheeks together, hold for 3 seconds and release</p> 	N/A	3	30sec	N/A
<p>Common mistakes: “Popping out” Rib cage, tuck it in and down - spine should be lengthened not arching or flat Knees pop up as you engage muscles, knees should stay still or move down if they go up hip flexors are being used too much.</p>	<p>Target muscles Gluteus maximus Transabdominal Pelvic floor</p>	<p>Modifications Easier - Place pillows under knees to ease tightness felt in inner thighs</p>		

Bladder Cancer Canada

Sample of Exercise Program

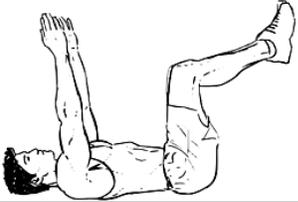
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<p>Clamshells Lying on your side with hip directly on top of the other. Bend knees and move them slightly forward until heels are aligned with bum Keep ankles together as you engage core to keep hips still and lift top knee up towards ceiling</p> 	N/A	3	15	N/A
<p>Common mistakes: Rolling hips back Moving top foot/ankle Arching/Using back Moving too fast</p>	<p>Target muscles Gluteus medius Pelvic floor</p>	<p>Modifications Harder - Place band around upper thighs</p>		

<p>Bridges Place band around thighs and ball between knees. Place hands on side with palms up Lying on back with knees bent, hip width apart toes pointing to back wall Heels close to bum so knees are above heels Engage pelvic floor and tuck rib cage in, squeeze glutes to push hips up into air and pushing down with heels Go up slowly until shoulders to knees are straight with no bend in hip flexors. Hold for 2 seconds Slowly return to start</p> 	Theraband and small Squishy ball	3	15	Mdm band
<p>Common mistakes: Completing movement with back Arching Back/rib cage popping up Using arms/shoulders too much Pointing feet in/outward Pushing away from you with feet</p>	<p>Target muscles Gluteus maximus Hamstring complex Pelvic floor Rectus abdominis</p>	<p>Modifications Harder – toes pointing up to ceiling Raise straight arms up in air</p>		

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<p>Deadbugs Lie on back, with knees bent to 90 degrees bring legs up into the air. Knees are above hips, do not bring closer to chest Bring arms straight up into the air Upper and lower core is fully engaged, feeling like they are trying to “zipper” together. Keep back long and off.</p> 	N/A	3	10	N/A
<p>Common mistakes: Arching back Knees too close to chest – hip flexors not core Using neck/Shoulders to brace</p>	<p>Target muscles Pelvic Floor Rectus Abdominis</p>		<p>Modifications Easier - Place hands on mat, with palms facing ceiling Harder - Drop one heel down towards floor without touching ground and opposite hand over head</p>	

Program:

Choose 3 exercises to do in a circuit.

Exercises	Sets	Reps	Weight
Kegels	3	10	N/A
Transabdominal Breathing	3	30sec	N/A
Frog Legs	3	30ec	
Clamshells	3	15	N/A
Bridges	3	15	Medium strength band & Squishy ball
Deadbugs	3	10	N/A