

Reflections upon

BILL'S EXERCISE PROGRAMME

by DAVID MANN

1. IT WORKS / (What a relief!)
2. After the catheter was removed there was a colossal adjustment to the IDEA of being wet. Never since childhood was it an issue. I felt silently in competition with my two-year-old grandson who is in the process of being toilet trained. The possibility of a "wet spot" appearing in public was anxiety-producing.
3. IDEALLY there would be a dedicated booklet at the hospital given out on the day of the catheter removal.
4. IDEALLY the appointment with Bill would be booked far enough ahead so as to follow the catheter removal, within a day or two.

5. Before the first physio appointment I had been greatly discouraged, but was encouraged greatly by the possibility of improvement after going through the appointment
6. It took about four weeks of dedicated and DISCIPLINED exercising before significant results were noted

MOTIVATORS to STAY ON THE PROGRAM

- (a) My life had been saved by the surgery (Would have been dead in five years)
- (b) The goal of wearing just underwear and NO PADS
- (c) The analogy that this process was akin to body-building.
eg: IT TAKES A LOT OF WORK AND A LOT OF TIME TO BUILD MUSCLE

SOME OBSERVATIONS:

1. Do exercises while standing at the toilet because there is nearly always "leakage" during exercises
2. Do at least FIVE Kegels after each urination to make sure all the urine is expelled

CAUTION -

3. Instead of focusing upon using the least number of pads, remember that a pad has a finite capacity! Change the pad when it is $\frac{3}{4}$ full. Leaking will occur if you wait too long
4. The best pad in my opinion is SHOPPERS DRUG MART "GUARDS FOR MEN" \$6.99
5. A method of judging your progress:
At the onset of the program count in seconds how long you are able to hold a KEGEL using full force. After several weeks of exercises you will see that it is possible to hold a KEGEL at full force for at least ten seconds
6. ^{Sleeping} ~~Night~~ time will be a time of little or no leaking
7. The more active a person becomes, the more "leaking" becomes evident

8 Just as large muscles become fatigued and cannot contract constantly, so it is true with the pelvic platform. Even after a ^{long} period of "dryness" leaking will occur with fatigue

A POSSIBLE SOLUTION: Stop your activity and sit down and rest

9. ALCOHOL ALERT!

ALL The muscles (pelvic included) can be relaxed by an alcoholic drink
ONE GLASS OF WINE MAY UNDO SEVERAL WEEKS OF PROGRESS

10 Once good retention has been reached there are some muscle manoeuvres which can bring about leaking

IN MY CASE:

→ standing up straight after a low forward bend

→ lifting a heavy object

→ getting up after sitting in a relaxed position

KEY TO NON LEAKING: Learn automatically to "CLENCH" before beginning the "risky" moves

ELIMINATING THE NEED FOR PADS

1. Urinate often. Don't put it off
2. Go without a pad during sleep, after achieving several nights with a dry pad
3. After getting up, go without a pad for increasing time periods, starting with a fifteen minute interval, and aiming to spend the entire morning without a pad.

(This is my present level)

MY GOAL IS TO GO "PADLESS"
FOR AN ENTIRE DAY.

PITFALLS : ① Restricting liquid input. (I became head-achy and thirsty)

② Failure to check the pad, especially early-on in the exercise program. Change when $\frac{3}{4}$ full

③ Discouragement. Don't even expect tangible results for five to six weeks