

Exercise for Catheter Users

Learn why exercise
is good for you

Exercise – makes life better

Learn why exercise is good for you – especially if you have bladder issues.

The need to use intermittent catheterization does not mean that you can't lead an active lifestyle. Being active in any way can make you feel better and help your body get stronger. It can also be fun and give you a chance to socialize with other people. When you have a medical condition, the lack of physical activity can have a negative impact on your overall body function.

Some physical activities may increase the urge to empty your bladder or even to leak some urine. Instead of avoiding the activity, use a pad or empty your bladder just before. The fear of increased bladder issues should not hold you back from exercising.

▶ What sport activities are suitable for you?

The bouncing and pounding movement of running might cause leakage

Instead: Try power-walking (fast walking).

Heavy lifting (using hand weights or other lifting equipment) can put too much pressure on your bladder.

Instead: Switch to lighter weights instead and increase the number of lifts or experiment with doing them slower or faster.

Tip: Swimming is ideal because it can be done by most people regardless of how fit or mobile they are.

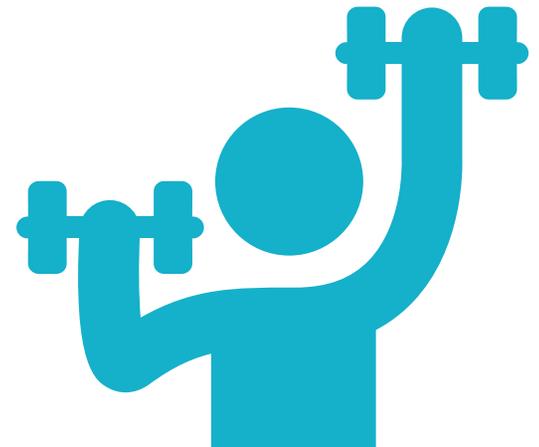
▶ If you are in a wheelchair

There are also plenty of sport activities that can be done sitting in a wheelchair, including competitive sport. Online research can help you find one of the many organizations that specialize in sport for wheelchair users. For example, there are a number of wheelchair basketball, rugby groups as well as dance and movement classes that are specific to those who use wheelchairs.

These are general guidelines meant to help you with typical questions. You should follow the specific instructions provided by your doctor or nurse.

Everything counts

Besides scheduled exercise, see if you can find a way to be physically active every day. Here are some ideas for simple, at-home activities that can be incorporated into daily tasks: strengthening you arms using some bottles or unopened tin cans while cooking, doing pelvic floor exercises while watching TV, and gardening or playing with the kids. How you're able to sneak in exercise during the day is of course dependent on your situation, the advice of your healthcare provider, and your medical condition.



3 tips for making exercise a success

Ready, set, go! Here are some tips to make it easier to be active:

1 Remember to drink

Bladder issues and the insecurity of not being at home might persuade you to drink less. But if you sweat more or the weather is hot, you will need to drink even more to replace lost fluids. Take small sips and plan your catheterizations. Avoid dehydration!

2 Stick to your schedule

It's easy to get carried away when you're involved in sport activities, especially when you're almost about to win or in good company! Set yourself a reminder so you don't forget to catheterize. Think about where you'll be doing your activity and plan when you can visit the toilet so it doesn't get in the way.

3 Catheterize before the activity

Whatever you decide to do, catheterize right before you start, as this will minimize the risk of leakages.

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Get inspired by others

"I've been able to go kite surfing in Mauritius as well. I can carry out my sports in more inaccessible places."

Christophe* uses compact intermittent catheters and enjoys extreme sports.

"Racing is in my blood. It's never ending – my excitement for something with a motor."

Michael* does car racing and can quickly catheterize between races.

*Christophe and Michael received compensation from Coloplast to provide this information. Each person's situation is unique so your experience may not be the same. Talk to your healthcare provider about which product might be right for you.



Bladder training exercises

Everyone can benefit from pelvic floor exercises!

Some people that experience bladder conditions may benefit from pelvic floor training. Pelvic floor exercises – also called kegels – can improve bladder management. If your doctor or nurse think that it could be helpful to you, you can do these exercises on a regular basis and you just might feel the difference. There are also health care providers such as pelvic floor physiotherapists that specialize in pelvic floor exercises.

▶ Here's how to get going:

1 Isolate your pelvic floor muscles

It is best to sit in a firm chair if possible. Squeeze the muscles which stop you from passing gas from the rectum. Be aware to not tighten the buttocks or stomach muscles and do not hold your breath.

2 Squeeeeeeeze

Squeeze and draw in the muscles around the urethra and anus. You should have a sense of »lift« when squeezing. You should hold them strong and tight as you count to 8 after which you should let go.

3 Relax

Relax for 8 seconds. At this point you should have a distinct feeling of letting go.

This schedule should be repeated between 8-12 times per day. As you get comfortable with kegel exercises, the goal is to repeat squeezing and releasing 10 times and repeat each set 5 times per day. Your health care provider may advise a pelvic floor muscle exercise plan to meet your specific needs.

If you initially cannot hold the pelvic floor for 8 seconds you should hold as long as you can. Note that training your pelvic floor muscle is a matter of how long you can hold and squeeze rather than the number repetitions.

▶ Remember to do them

It's important to get into a daily routine. The easiest way to accomplish this is to link it to something that you do on a daily basis. Remember, training the pelvic floor doesn't take up a lot of time!

You can do them:

- Laying in bed before you sleep
- After meals
- Before or after undressing yourself in the evening
- Sitting in your car on your way to or from work
- When you're waiting in line
- When traveling – on the plane or train, at the airport, at your hotel

It's not important where you do it – but that you get to do it on a daily basis. Experiment and find the everyday situation that fits you the best.

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Brittney,
SpeediCath® User in AB

Coloplast[®] Care

Personal support for you

Less struggle. More living.

Coloplast Care is a support program that guides you to a better life through simple, straightforward advice about bladder management. We offer a helping hand whenever you need support along with the tips and tools you need to take control of bladder issues.

Coloplast Care offers you:

▶ **Online support**

A dedicated website with articles and reliable advice from healthcare professionals and real users.

▶ **Emails**

Inspiration relevant for your situation, direct in your mail box.

▶ **Phone support**

Advisors ready to answer questions and provide product and support.

▶ **Product guidance**

Access to product samples on request.

Join us today at:

www.bladder.coloplastcare.ca

or call us at **+1-866-293-6349**

*Information from Coloplast Care is for educational purposes only. It is not intended to substitute for professional medical advice and should not be interpreted to contain treatment recommendations. You should rely on the healthcare professional who knows your individual history for personal medical advice and diagnosis.

For further information regarding procedure, contraindications, warnings, precautions, and potential complications/adverse events see the device manual or, call Coloplast Canada Corp. at 1-866-293-6349 and/or consult the company website at www.coloplast.ca

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