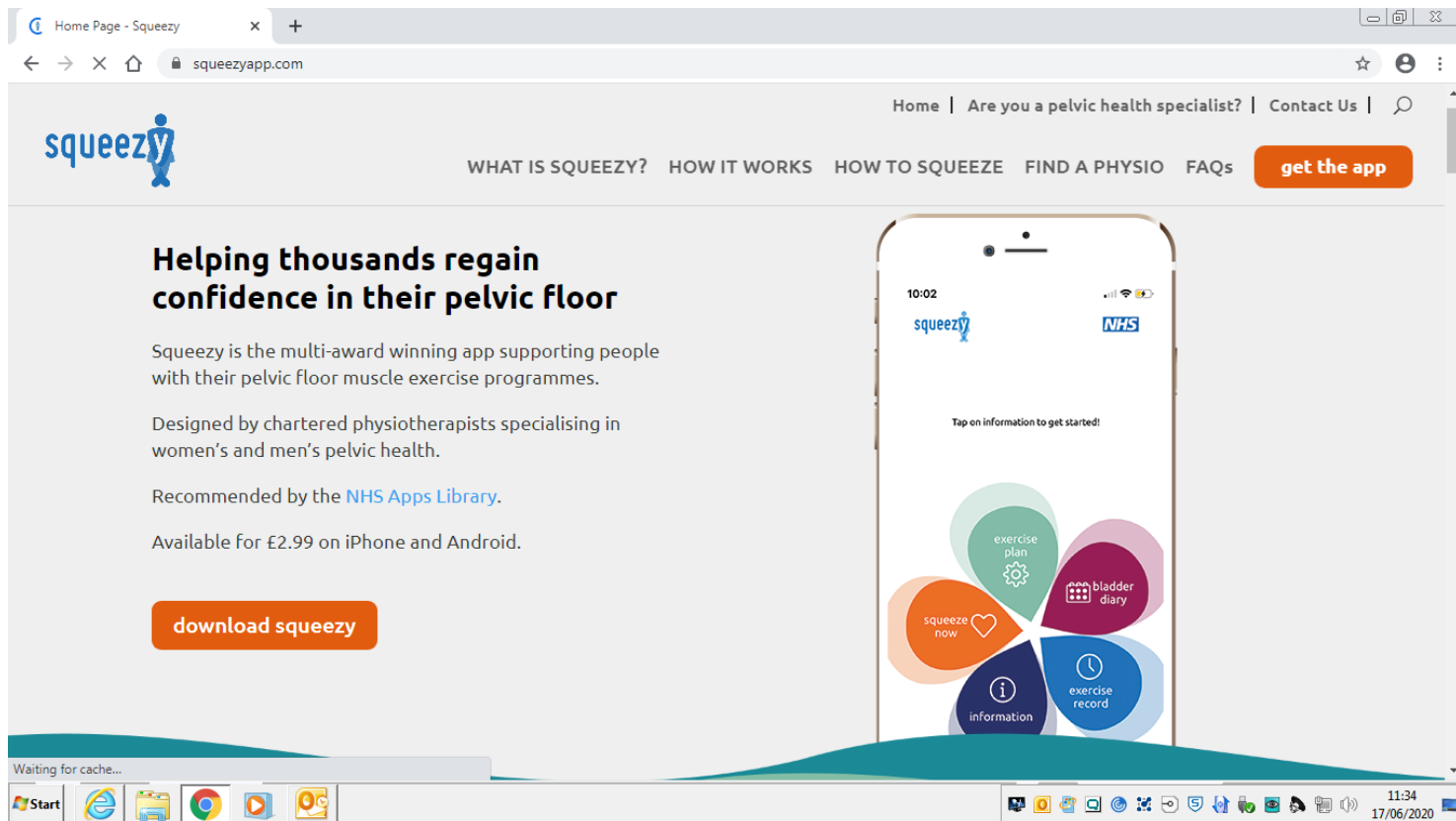


Tips for Using the NHS Squeezy© app

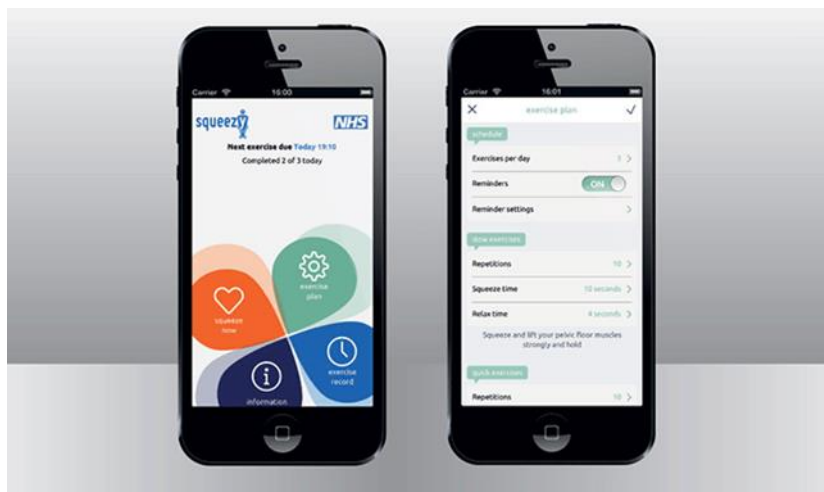
This factsheet has been written to give you more information about the Squeezy© app. It runs through how to find and download it, as well as how to set it up correctly so you get the best out of it. We know a lot of women find it hard to remember to do pelvic floor exercises (also known as Kegels) regularly and the app is one way to help you with this. Your physiotherapy can also help you find other ways if you prefer.

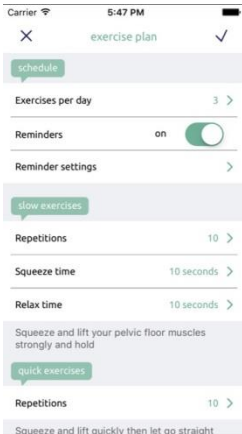


How to set it up for you:

Squeezy© comes pre-set with an exercise plan recommended by a pelvic health physiotherapist that follows NICE guidelines.

Once you have downloaded the app you will need to go into the 'Exercise Plan' from the home screen.



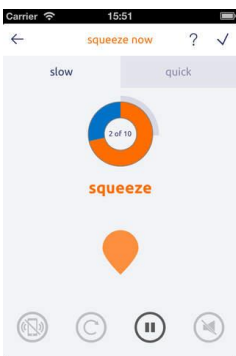


The app has pre-set reminder times. Consider when the best times for you to exercise are and adjust these accordingly. Remember, the exercises don't need to be in a done in a morning, midday, and evening pattern. As long as you spread them over a few hours, they can be done to suit your day. The key with pelvic floor exercises is to get them done consistently over a long period of time. They work very well but it takes time. Getting the exercises into your daily routine will help you to form a good habit. The app can help you achieve this.

Next click on each section of the exercise plan. For slow squeezes you can change the repetitions (how many you do in one go), the squeeze time (i.e. how long you hold the contraction for) and relax time (how long you rest for between each squeeze). For quick contractions you can adjust this to reflect how many you can do in one go.

2. Visual guides

Squeezy© helps by guiding you through your pelvic floor muscle exercises.



When it is time to exercise you will be guided to the screen shown on the left. The orange part of the circle will reflect the squeeze time you have put into your exercise plan and the blue, the relax period.

You can play about with the balance between the orange and blue until it feels right for you.

The important thing is that whatever you have set the hold time for, you can repeat that 8 times and still feel you have good control of the last squeeze.

If you are also doing quick squeezes as part of your programme, you can press play to go to the next visual guidance.

Always save your work out to the exercise record. By checking this page regularly you can check that you are keeping on track. If you are not hitting your targets, try altering the reminder time to something more suitable.

You can also use the app to record your bladder diary.

