KEGELS

Benefits of Kegel Exercises:

- Maintain the strength of the pelvic floor muscles to support the bladder, uterus, and rectum against the forces of gravity
- Maintain proper bowel and bladder functioning
- Improve sexual appreciation
- Regain normal muscle tone when you have spasming of the pelvic floor muscles

Recognizing the Pelvic Floor Muscles:

- When contracting your pelvic floor muscles, it is the same motion that you would use to stop the flow of urine when toileting, or when holding back gas in public.

- NEVER BEAR DOWN ON THE PELVIC FLOOR MUSCLES!!!!

- You can either use a mirror to observe your vagina/anus as you contract the muscles inward. You can also insert a finger or tampon into your vaginal or rectal openings and attempt to squeeze your muscles around these objects.

- Try to avoid holding your breath and/or contracting your stomach, hip, or buttocks muscles. When performing a proper Kegel contraction, no movement of your body should be seen.
Exercise Prescription:

1. **Slow Kegels:**

   Contract and hold your pelvic floor muscles for ______ seconds.
   Relax your muscles completely for ______ seconds.

   - Do ______ Kegel contractions in the lying down position ______ times per day.
   - Do ______ Kegel contractions in the sitting position ______ times per day.
   - Do ______ Kegel contractions in the standing position ______ times per day.

2. **Quick Kegels:**

   - Perform ______ quick Kegel contractions as fast as you can ______ times per day.
   - These can be performed while washing your hands, sitting at a red light, standing on line, anytime!