

KEGEL EXERCISE

The purpose of performing Kegel exercise is to strengthen the pelvic floor muscles . Strengthening these muscles will help eliminate involuntary leaking of urine especially with coughing, laughing, sneezing.

1. To identify the pelvic floor muscles try to stop the flow of urine midstream, or place a finger inside the vagina and contract the muscles around it. These procedure is used to identify the muscles that require exercise.
2. Visualize pulling these muscles up and in. Contract only the pelvic floor muscles without using the buttocks or inner thighs.
3. Breath smoothly and avoid abdominal distention.
4. Do several rapid contractions. Fully relax the muscles between contractions.
5. Follow the rapid contractions with holding a 3 -5 second contraction then a 3 - 5 second rest.
6. To increase strength both the number of rapid contractions and the longer held contractions should be increased. Repetitions and the length of the hold should be increased. As strength improves hold each long contraction for 10 seconds. These increases should occur gradually.
7. Start exercises lying down, then progress to a sitting position and then to standing. These exercises can be done anywhere, anytime.
8. Results may take a number of months but these exercises will make a significant difference. Be patient and keep exercising.