

How To Do Pelvic Muscle Exercises

How to identify the Correct Muscle

1. Upon urinating, try to stop the flow of urine by contracting your pelvic floor muscles two or three times mid-stream. If you are able to contract these muscles, you are using the proper techniques. (Once you have learned how to identify these muscles, do not regularly perform Kegel exercises while urinating because this may eventually weaken the muscles and worsen your symptoms.)

2. Imagine that you are trying to stop passing gas. Squeeze the muscles you would use. If you sense a “pulling” feeling, those are the right muscles for pelvic exercises. Do not contract your gluteal/buttock muscles.

Common Mistakes

Never use your stomach, legs or buttocks and try not to hold your breath. To be sure you are not using your abdominal muscles, place your hand on your abdomen while you squeeze the pelvic floor muscles.

How to Exercise

When exercising, it is important to squeeze and relax your muscles as prescribed. One work/rest cycle is one exercise. If while you exercise you no longer feel the contraction, the muscle is tired. Stop and rest for a few minutes and then go back to the exercises.

Where to Exercise

These exercises can be done any where and any time. It is best when starting out, to practice them either lying down or sitting. If you are doing them properly, your legs, stomach, and buttocks will not move, and no one will know that you are doing your exercises.

Important Note

If you are progressing and your symptoms are improving and suddenly for no reason you start leaking more, this could be a sign of a urinary tract infection. There may be no other signs except the increased leakage. If this happens, notify your physician. Make an appointment and plan on giving a urine sample.

Prescribed Exercise

Squeeze the muscle for _____ seconds, then relax for _____ seconds (this is one exercise or cycle). Do _____ number of exercises in a row. Repeat this _____ times each day (breakfast, lunch, dinner, and bedtime)

Other Instructions :

Your next appointment is : _____ is they don't occur