

Kegel Exercises

What is a Kegel exercise?

Kegel exercises are done to strengthen the pelvic floor muscle (also called the pubococcygeus or PC muscle). This muscle circles the urethra, the vagina, and the rectum. Contracting this muscle can hold back urine and stop the bladder's contraction.

What causes the pelvic floor muscle to weaken?

The pelvic floor muscle weakens due to strain. The most common cause of strain to the pelvic floor muscle is pregnancy and childbirth.

How do I do Kegel exercises?

- 1) Locate the correct muscle: try stopping the flow of urine by contracting the muscle. When the urine flow slows or stops, you have targeted the pelvic floor muscle. **ONLY USE THIS TECHNIQUE TO FIND THE MUSCLE** – stopping the flow of urine can make urine leakage worse.
- 2) Squeeze the muscle for 2 seconds. Do not contract you abdomen, buttocks, or thighs. Do not hold your breath. Relax for 10 seconds. Do 10 repetitions, twice a day.
- 3) When you have mastered the technique, you may increase the length of time you contract the muscle. Increase the length of time by one second every 2-3 days until you get to ten seconds of contraction and ten seconds of relaxation.