

KEGEL Pelvic Muscle Exercises

- **How to Find the Pelvic Muscle:**

To find the pelvic muscle, Imagine that you are at a party and the rich food you have just consumed causes you to have gas. The muscle that you use to hold back the gas is the same one that you want to exercise. Some people find this muscle by voluntarily stopping the stream of urine. A man might stand in front of the mirror after bathing and tighten the muscle. You should see your penis rise slightly.

- **Exercising the Muscle:**

Begin by emptying your bladder. Then try to relax completely. Tighten the muscle and hold for a count of 5 or 5 seconds. You should feel a sensation of lifting of the area around the vagina or of pulling of the rectum.

- **When to Exercise:**

Do 15 exercises in the morning, 15 in the afternoon and 20 at night. Or else you can exercise for 10 minutes 3 times a day. Initially you may not be able to hold this contraction for the complete count of 5. However, start slowly and then build to 10 contractions over time. The muscle may start to tire after six or eight exercises. If this happens stop and go back to exercising later.

- **Where to Practice these Exercises:**

These exercises can be practiced anywhere and anytime. Begin practicing them lying on your bed. Once you have mastered them lying down, practice them sitting in a chair. Then advance to practicing them standing. Resting one foot on a small stool or rung of a chair may help to relax your abdomen.

- **Common Mistakes:**

Never use your stomach, legs or buttock muscles. To find out if you are also contracting your stomach muscles, place your hand on your abdomen while you squeeze your pelvic muscle. If you feel your abdomen move, then you are also using these muscles. Avoid holding your breath. Inhale and exhale slowly while counting. In time you will learn to practice effortlessly. Eventually, work these exercises in as part of your lifestyle, tighten the muscle when you walk, before you sneeze, as you stand up, and on the way to the bathroom.

- **When will I notice a Change?**

After 4 to 6 weeks of constant daily exercises you will begin to notice less urinary accidents, and after 3 months you will see even a bigger difference.

- **Can These Exercises Hurt Me?**

NO! These exercises cannot harm you in any way. Most people find them relaxing and easy. If you get back pain or stomach pain after you exercise, then you are probably trying too hard and using stomach muscles. Go back and find the pelvic muscle and remember this exercise should feel easy. If you experience headaches then you are also tensing your chest muscles and probably holding your breath.