

Kegel Exercises

Most women will benefit from doing pelvic floor muscle exercises to improve urinary leakage when they laugh, cough, or sneeze. Improving the strength of this muscle group will also help to suppress a strong urge to void. To find the correct muscle, place two fingers inside the vagina and try to squeeze around your muscle. Another way to find the correct muscle is to sit on the toilet and begin to urinate and then stop the urine flow. The muscle you use to stop the urine flow is the muscle group you are to exercise. **Do not continue to exercise this muscle by stopping your urine flow.**

This is only done initially to help you identify the correct muscle group. When contracting your pelvic floor muscles, the stomach, leg, and buttock muscles should remain RELAXED. You may need to consult your Health Care Provider to determine that you are doing them correctly. There are many ways to do pelvic floor muscle exercises. The key is to practice and do them regularly.

Type A

Tighten the pelvic floor muscles as tightly as possible to the count of five and then relax to the count of five. Repeat 30 times a day (3 sets of 10 or 2 sets of 15).

As the pelvic floor strength improves, you may squeeze to the count of ten and then relax to the count of ten. Do not do too many too soon as the muscles may fatigue and work less effectively. Repeat 30 times a day (3 sets of 10 or 2 sets of 15).

Type B

Tighten the pelvic floor muscles as tightly as possible and relax in quick succession. Repeat 25-50 times a day (2 to 5 sets of 10).

As with any exercise program, the benefits continue only as long as you continue the program. It may take as long as three months to notice an improvement in pelvic floor muscle strength.