

Pelvic Floor Exercises

Pelvic floor exercises or Kegel exercises, when performed properly and regularly can build awareness, muscle strength, endurance and coordination.

STARTING PELVIC FLOOR EXERCISES:

1. **Relax your body and breathe during your exercises.** Holding your breath makes it more difficult to exercise correctly. **Do not strain or bear down** as you perform the exercises.
2. **Isolate the muscles.** You should not see or feel other muscle movement when performing pelvic floor exercises. If done properly, no one else can tell if you are doing the exercise. Keep the buttocks, belly and inner thighs relaxed.

PERFORMING THE EXERCISE

- Start lying down with your knees bent and supported with pillows
- Kegels should be performed on the exhale
- Take a breath in through your nose. Exhale through nose or mouth and immediately start to squeeze and lift your pelvic floor muscles
- Imagine stopping your pee, or holding back gas in an elevator.

TYPES OF EXERCISES

There are two types of exercise contractions you should perform:

1. Quick contractions where you tighten and lift for one second then release.
 - Repetitions: _____
 - Times per day: _____
2. Endurance contractions where you tighten, lift, and hold the muscles for up to 10 seconds. Only hold as long as you are able to hold a controlled contraction.
 - Hold ____ seconds
 - Repetitions: _____
 - Times per day: _____

Remember:

- **To relax your muscles completely between contractions**

Do not over do your exercises as that can result in a high tone, painful pelvic floor!