



Kegel Exercises

What are Kegel Exercises?

These are pelvic floor exercises performed by a woman to strengthen the muscles of the pelvic floor. These exercises involve the repetition of both sustained and rapid voluntary contractions of the muscles especially used to treat urinary incontinence and sexual function.

Benefits of Kegel Exercises

-Strengthens pelvic floor muscles

-Reduces urinary incontinence- When properly performed, Kegel exercises have been shown to be 50-80% effective in improving urinary continence.

-Improves sexual function, including potential to achieve orgasm.

How to do Kegel Exercises

1. Begin by emptying your bladder. One approach is to sit on the toilet and start to urinate. Try to stop the flow of urine midstream by contracting your pelvic floor muscles. Repeat this action several times until you become familiar with the feel of contracting the correct group of muscles. Do not contract your abdominal, thigh, or buttocks muscles while performing the exercise.

Another approach to help you identify the correct muscle group is to insert a finger into the vagina (in women), or rectum (in men). Try to tighten the muscles around your finger as if holding back urine. The abdominal and thigh muscles should remain relaxed.

2. Tighten the pelvic floor muscles and hold for a count of 10.

3. Relax the muscle completely for a count of 10.

4. Perform ten exercises, three times a day (morning, afternoon, and night).

These exercises can be performed any time and any place. Most people prefer to perform the exercises while lying down or sitting in a chair. You can also do them when you're driving or riding in a car. Think of a red light as a reminder to do your Kegels.

After 4 to 6 weeks, most people notice some improvement. However, it may take as long as 3 months to see a significant change.

There are many over the counter devices that may be helpful, such as:

-Kegelmaster

-The Elvie Pelvic Floor Trainer actually comes with an App for your phone to give you feedback that you are

doing it correctly.

-You can easily purchase weighted Kegel balls of various sized to help you improve pelvic floor muscle tone.

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