



# Kegel Exercises

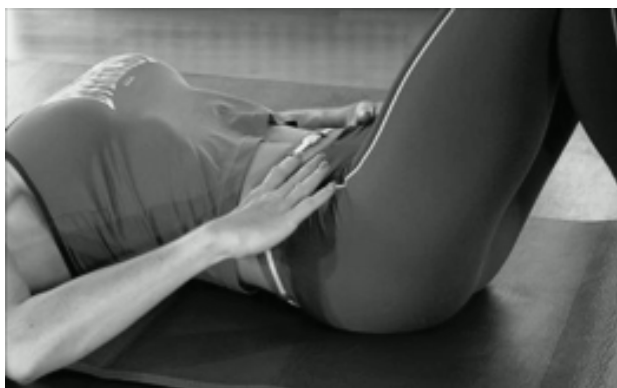
## Kegel Exercises: Pelvic Floor Strengthening

**STEP 1:** Find the correct muscles by using one of the methods below:

1. Insert a finger into the vagina and try to squeeze the surrounding muscles. You should be able to feel your vagina tighten and pelvic floor move upward.
2. Isolate the correct muscles by stopping the flow of urine while you're going to the bathroom.

**STEP 2:** Perfect the technique and practice:

1. After identifying the pelvic floor muscles, empty your bladder and lie down or get into a sitting position.
2. Tighten the pelvic floor muscles and hold for a count of 10, then completely relax the muscles for a count of 10. Do 10 exercises, three times a day.
3. Now do a series of quick repetitions by tightening and relaxing the pelvic floor muscles ten times. Relax for one minute then repeat the quick repetitions. Do this three times a day.



**NOTE: Tighten your pelvic floor muscles only. Avoid flexing the muscles in your abdomen, thighs or buttocks. RELAX and try not to hold your breath.**

Most women experience some improvement with leaking or incontinence within 3 to 6 weeks. Avoid the temptation to over-exercise this set of muscles, as this may cause muscle fatigue and actually increase leakage.

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