



UROGYNECOLOGY AND RECONSTRUCTIVE PELVIC SURGERY SERVICES

PELVIC FLOOR MUSCLE EXERCISES

What you should know about Kegel Exercises

Most women will benefit from doing pelvic floor muscle exercises to improve pelvic muscle support and reduce 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 and help support other pelvic organs such as the uterus, vagina and rectum.

To find the correct muscles, place two fingers inside the vagina and try to squeeze around your fingers. 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 as that can confuse the normal voiding mechanism. This is only done initially to help identify the correct muscle group.

When contracting your pelvic floor muscles, the stomach, leg, and buttock muscles should be **RELAXED**. You may need to consult your clinician to determine that you are doing them correctly. Especially-trained physical therapists are also extremely useful in teaching women how to strengthen their pelvic floor muscles.

There are many ways to do pelvic floor exercises. The key is to practice them, and to do them regularly! You should perform both Types A and B as described below.

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.

For more questions, call 954-229-8660.



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