

KEGAL EXERCISE PUBO-COCCYGEAL OR PELVIC FLOOR EXERCISES

OBJECTIVE:

1. Preservation or partial restoration of normal bladder and bowel function.
2. Prevention of uterus and bladder prolapse; which may require future surgery.
3. By consistent exercise you may avoid loss of bladder control (leakage while coughing, sneezing or exercising).
4. Helpful in sexual relations.

WHAT ARE KEGAL EXERCISES AND HOW DO I DO THEM?

These exercises are learned and once they are learned, they may be done simply at any time; Carried out while you are lying, standing or sitting.

You will try to lift the anus and pelvic floor as you would at the conclusion of a defecation. You will become consciously aware of the difference between tightness and looseness of this muscle.

As you are urinating (especially first AM) try to interrupt or stop the urine flow; this is a good way to begin. You can check yourself vaginally to ensure you are contracting the right muscles. It may be helpful to imagine "tightening your vagina". These muscles become more flexible, functional and easier to contract with time.

WHEN DO I START AND HOW OFTEN/

Start now for maximum benefit!

Do them daily- an association may help as a way of reminder. Example: when you urinate, when you brush your teeth, or when you stop for red lights and stop signs.

EXERCISE 1:

Contract the PC muscle beginning at 3 seconds and try to work up to 10-15 seconds and relax. Aim for 50 seconds per day.

EXERCISE 2:

Contract PC muscle firmly and rapidly- fluttering. Aim for 50 per day.