



Blue Ridge Urogynecology

Pelvic Floor Muscle Exercise (Kegels):

The pelvic floor muscles attach to the bones of your pelvis to create a platform or trampoline that supports your pelvic organs (bladder, colon, vagina and uterus). This support helps prevent leakage of urine from your bladder. Doing pelvic floor muscle exercises or Kegels can strengthen the pelvic muscles.

- **Identify the correct muscles.** These are the same muscles you would use to hold back gas or to stop the flow of urine midstream.
- **Contract and hold the squeeze** for a few seconds and then completely relax the muscles before the next squeeze.
- **Do not contract your thigh, abdominal or buttock muscles** while you are squeezing the pelvic floor muscles.
- **Do not hold your breath** while squeezing. Counting out loud helps you remember to not hold your breath. Make sure you are not “bearing down” or pushing when you squeeze. You should be thinking about drawing the muscles up and inward, like an elevator.

If you are doing the exercises correctly, no one will be able to tell that you are exercising, so you could do them at your desk at work, or on the bus ride home from work or even while driving in the car. The more you exercise, the stronger your muscles will become and the more they will help keep you dry.

Your Individual Exercise PLAN:

HOLD squeeze for _____ seconds / **RELAX** for _____ seconds.

Do your exercises _____ times per session. Lying Sitting Standing



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Do _____ sessions per day.