

OBGYN-CARE

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Kegel Exercises

Kegel exercises are voluntary contraction and relaxation of the pelvic floor muscles, done to reduce urinary incontinence, aid with weak pelvic floor muscles and to decrease chances of pelvic organ prolapse. They may improve sexual functions as well.

1. Learn to contract the right muscles:

While urinating try to stop or slow down your urine stream by squeezing your vaginal wall muscles. Do not close your legs or contract abdominal muscles. If stream slows down or completely stops you are using the right muscles. Other option is to insert a finger into the vagina and squeeze vaginal/pelvic muscles until you can sense them wrapping around your finger in the vagina.

2. Routine

a. How to do it?

Do one and hold/squeeze for 10 seconds (count to 10) and release and count for 10 seconds (count to 10) , repeat the cycle 10 times. You have done one set of kegels.

b. How many?

There is no limit on how many kegels you should do in a day, but the best results are achieved if you can do 3 series of 10, both while you standing and lying down.

c. When (some examples of reminders set-up)?

When you are watching TV and it goes to commercial – Do kegels

When you come to a red light or stop sign while driving – Do kegels

When you hang up the phone after talking or after texting someone – Do kegels

3. Instrumental aid:

Multiple devices are available on the market to help identify and improve the efficiency of the Kegels. Not all of them are equally effective, especially when an anatomical defect is already present. If you need a specific advise regarding your condition, please feel free to schedule an appointment with us for a professional assessments of your particular needs.