

Pelvic Exercises (Kegel)



UHN

The Kegel or pelvic floor exercise is designed to improve control of involuntary loss of urine by strengthening the external sphincter and the pubococcygeal muscles of the pelvic floor.

How to find the pelvic muscle

The most difficult aspect of performing the exercise is finding the pelvic muscle.

- First you have to find your pelvic floor muscles.
 - Do this by stopping your urine flow midstream. The muscles that you contract while you stop your urine are the same pelvic floor muscles that you tighten to do Kegels.
2. Once you have found which muscles are used during Kegels, you don't have to do the exercises while urinating. Simply contract the pelvic muscles for 7 to 10 seconds as tight as you can. This should feel as though everything is being lifted in an upward motion. You should NOT be tightening your abdominal muscles.
 3. Relax for 7 to 10 seconds and then repeat.
 4. It is recommended that you repeat these exercises 45 to 60 times a day. Try 30 in the morning and 30 in the afternoon.

You may do the exercise standing, lying, or sitting down.

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When to exercise

Like any exercise, the more time you spend doing the exercises the stronger the muscle becomes.

We recommend that you start the exercises before your surgery.

One exercise program recommends performing doing 15 to 40 repetitions, 3 times a day. Others say 30 to 60 repetitions twice a day. There is no right or wrong time to do the exercise. Do whatever fits into your schedule.

As the day progresses, muscles usually get tired so earlier in the day may work better for you.

To decrease the chance of urine dribbling after surgery, try to tighten the pelvic muscles before you stand up.

Do NOT do the pelvic or kegel exercises when a Foley Catheter is in place. This may cause bladder spasms and or bleeding.

Restart exercises a few days after the catheter is removed.

Notes
