

KEGEL EXERCISE QUICK START SHEET

1. Find the right muscle: Imagine you are in an elevator full of people and you feel the urge to pass gas. What do you do? You tighten or pull in the ring of muscle around your rectum - your pelvic muscle.

2. Do the pelvic muscle exercises (PMEs) 3 times per day, totaling a minimum of 50-60 PME's.

Kegel exercise consists of both tightening & relaxing the pelvic muscle. Be sure to relax completely between each muscle tightening.

Incorporate both quick contractions and long contractions into your exercise regimen.

- Short quick contractions (2 seconds) - Contract/tighten your pelvic muscle quickly and hard, and immediately relax it.
- Long contractions (3-10 seconds) - Tighten your pelvic muscle and hold for a count of 3 seconds, then relax the muscle completely for a count of 3 seconds. Over time increase the length of time you tighten and hold the muscle.

Do these exercises anywhere and anytime. Try to do the exercises in all 3 positions: sitting, standing & lying down. If you experience urine loss in one specific position only, increase the number of exercises for that position.

Concentrate and tighten only the pelvic floor muscle. DO NOT tighten leg muscles (thighs), buttocks or abdomen. If you feel your stomach move, then you are also using these muscles. DO NOT hold your breath. Breathe normally and/or count out loud.

3. Do the exercises during activities of daily living, such as when you are:

- brushing your teeth
- washing dishes
- putting on your make-up
- sitting in the car at a stop light
- having dinner
- reading a book in bed
- going for a walk
- talking on the phone

4. To prevent urine loss, tighten your pelvic muscles before coughing, sneezing, laughing, bending/lifting, sitting, standing, and going up/down stairs. For short activities like a cough, tighten your muscles until you finish, then relax. For prolonged activities, tighten during the most stressful moments or on and off during the entire activity.

5. After 4 to 6 weeks of daily exercise, you will begin to notice less urine leakage (some may not notice for 6-8 weeks).