



KEGEL EXERCISES

These exercises may help improve **bladder control**.

Many women experience some degree of urinary incontinence or involuntary urination. The following pelvic-floor exercises, called Kegel exercises, can help you to improve bladder control.

Set aside some time in the morning, afternoon and evening. Sit comfortably upright and relax. Although this is an important exercise, there is no need to strain.

Before doing Kegel exercises, it is necessary to identify the pelvic-floor muscle. Place your finger inside your vagina. Squeeze around your finger. That's the muscle you want to exercise. Once you've isolated the muscle several times, there is no need to place your finger in the vagina to do the exercises.

1. SQUEEZE AND HOLD FOR 10 SECONDS:

Then relax for 10 seconds. Remember it is as important to relax as it is to squeeze this muscle.

2. WHEN TO DO THIS EXERCISE:

➤ 15 times in the morning, 15 times in the afternoon, 15 times at night

Try to work up to doing 25 exercises at one time. Initially you may not be able to hold the squeeze for 10 seconds. Don't get discouraged. Over a 2-week period, your technique should improve.

Do Kegels anytime you cough, sneeze, laugh, lift or strain.

3. THINGS TO REMEMBER:

- a. Never use your stomach, legs or buttock muscles. Place your hand on your abdomen while you are squeezing your pelvic-floor muscle. If you feel your abdomen move, then you are also using these muscles.
- b. Build strength slowly; don't expect results right away. You will need to do them forever.
- c. The great thing about this exercise is that after you become familiar with it, it can be done anywhere. No one can see you exercising this internal muscle.

4. WHEN YOU WILL SEE A CHANGE:

After about 2 weeks of doing this exercise, you should notice fewer "accidents."