



Collingwood  
General & Marine  
Hospital

## KEGEL EXERCISES

### What is a Kegel?

A kegel is a pelvic floor exercise named after Dr. Kegel. The pelvic floor muscles are like a hammock holding up the pelvic organs (uterus, bladder and bowels).

### Why do Kegel Exercises?

- ♦ May make birth easier and decrease chance of tears and episiotomies at delivery.
- ♦ Enhance sexual enjoyment for both partners.
- ♦ Can prevent prolapse of pelvic organs (fallen bladder or uterus).
- ♦ Helps prevent leaking of urine when you cough or sneeze (eliminates or reduces urine loss in mild to moderate urinary incontinence).

### How to do Kegel Exercises:

- ♦ Identify the correct muscle group: Place your finger in the vagina and squeeze around your finger. If you feel pressure, then you are squeezing the right muscles.
- ♦ Isolate the muscle: While doing kegels, relax your back, abdominal and thigh muscles.
- ♦ Exercise routine: Contract and hold the squeeze. Work up to holding for 10 seconds. Contract 30 times per day.
- ♦ Be patient: It takes 3 to 6 months to notice improvement.
- ♦ Stick with it: Continue kegels forever to maintain muscle strength.

### Healthy Bladder Habits:

- ♦ Drink 6 to 8 cups of non-caffeinated fluids per day, more in hot weather and with exercise.
- ♦ Don't strain to empty bladder or bowels.
- ♦ Try to keep bowel movements regular (most frequent time for a bowel movement is 30 minutes after waking - don't ignore that feeling).
- ♦ Seek medical help if urine leaks from bladder, urination is painful, or if you see any blood in your urine.

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