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How to do Kegel Exercises

The key to effective pelvic muscle exercises is accuracy and consistency.

Follow these steps:

- 1. Find the right muscles.** Imagine that you are trying to stop yourself from passing gas. Squeeze the muscles you would use. If you sense a “pulling” feeling, then you’ll know you’re working the correct muscles.
- 2. Begin your exercise lying down.** As your muscles get stronger, do your exercises sitting or standing.
- 3. Pull in the pelvic muscles and hold for three (3) seconds.** Then relax for three seconds. Work up to three sets of ten.
- 4. Be sure not to squeeze other muscles** (in your stomach, leg or buttocks) at the same time. This can put more pressure on the bladder control muscles. Also, don’t hold your breath.
- 5. Spend five minutes, three times a day, doing these exercises.** You may begin to notice improvement after only a few weeks.

Source: National Institute of Diabetes and Digestive and Kidney Diseases