

Pelvic Muscle Exercises

What are pelvic muscle exercises?

Pelvic muscle exercises were developed in the 1940's by Dr. Arnold Kegel and are sometimes called Kegel exercises. They are designed to strengthen the pelvic muscles that help close the urethra and support the pelvic organs, i.e. the bladder, rectum, and the vagina. The contraction and relaxation of these muscles are under voluntary command. With regular exercise the strength and endurance of these muscles increase, providing better urinary control and pelvic support.

Who would benefit from pelvic muscles exercises?

Anyone with stress incontinence (Leakage which occurs with a cough, sneeze or movement) or urge incontinence (Leakage which occurs with a sudden urge to urinate) may benefit from pelvic muscle exercises. This includes men, women and children. Patient with pelvic pain and difficulty urination may also be a candidate.

How do I perform pelvic muscle exercises?

Begin by locating and locating and isolating the pelvic floor muscles. An easy way to find the correct muscle is to squeeze the muscles in the rectal area. These are the muscles that you might use to stop urinary stream or to hold back gas. as you begin urinating try to stop or slow the urine without tensing the muscle of you leg, abdomen or buttock. This is very important not to use these other muscles, because only the pelvic floor muscles help with bladder control. When you are able to slow or stop your stream of urine, you have to located the correct muscles. Once you have located the correct muscle, you should feel the rectum being pulled up. When you have isolated the correct muscle, squeeze and hold the pelvic floor for 3 seconds. Then relax the pelvic floor muscles for 3 sounds. Remember, it is just as important to relax the pelvic floor muscles to keep them from becoming fatigued. Repeat this exercise 20 times, 3 times daily. When you can comfortably hold the contraction for 3 second, increase to 5 seconds then 8 seconds, with final of 10 seconds. Most people will begin to see improvement in their bladder control in 4 to 6 weeks.

Where and When are pelvic muscle exercise done?

You may do your pelvic muscle exercises anytime, anywhere. No one can tell you are exercising your pelvic floor muscles. Many people find it helpful to associate them with a daily activity such as driving, brushing their teeth, or watching tv. It is important to find a time that is convenient for you and remember to exercise your pelvic floor muscles every day You may do these exercises while lying, standing or sitting. Always remember to contract the pelvic floor muscles before you laugh, cough, sneeze or lift a heavy object and when you fell a sudden sense of urgency to empty your bladder.

Why Should you exercise you pelvic floor muscles?

Pelvic muscle exercises are easy to perform, have no side effects, and do no limit other treatment options. Many people with urinary incontinence are cured or significantly improved using pelvic muscle exercises, without need for medication or surgery.