

Kegel Exercises Strengthen the pelvic muscles

How are Kegel exercises performed correctly?

1

Find the correct muscles:

- A** Imagine that you are trying to stop yourself from passing wind, squeeze the muscles you would use. You should feel a pulling, this is the sign you that you have contracted the correct pelvic muscles.
- B** Imagine that you are sitting on a marble and trying to pick it up with your vagina. Imagine “sucking” the marble into your vagina.
- C** Lie down and introduce your finger into your vagina. Squeeze as if you were trying to stop yourself from passing urine. If you feel tightness around your finger, this is the sign that you are squeezing your pelvic muscles correctly.

2

Do not squeeze any other muscles at the same time

Try not to tense muscles in your stomach, legs or elsewhere, this can put more pressure on the muscles which control your bladder. Only squeeze your pelvic muscles. Try not to hold your breath.



Recommendations

Perform these exercises in a quiet, private place to help your concentration. If you perform the exercises whilst sitting, the seat must be solid and the soles of your feet must be planted firmly on the floor, keeping your knees turned outwards slightly.

