

KEGEL EXERCISES

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Purpose

- Named after Dr. Arnold Kegel who originally developed these exercises as a way to strengthen the pelvic floor muscles, specifically the pubococcygeus muscles.
- Maintain good vaginal and perineal muscle tone throughout life.
- Gaining voluntary relaxation and control of vaginal and perineal muscles.
- Reducing congestion and general discomforts in the pelvic area.
- Regaining a firm pelvic floor after having a baby vaginally or by cesarean.
- Many, but not all, women report doing Kegel exercises enhances sexual enjoyment and changes the way orgasms feel.

How and when to do it

- Find the muscle group and learn the feeling of tightening the perineal muscles. Contract your urethral muscles and stop the flow of urine, then relax and let the urine flow again. (don't continue this practice it may cause bladder infections)
- Once you have learned how to do this exercise you can contract the muscles in any position and place. Eventually work up to 1000 kegels a day.
- Start out with at least 30 kegels for breakfast, lunch, dinner and just before bed.
- Squeeze the muscles tight and hold for 3-10 seconds, then release the muscle slowly over 10 seconds and repeat. (each set is one kegel). The first time you do a kegel exercise see how many times you can do it before you feel your muscles getting tired.

- Your kegel exercises will be most efficient and have the most impact if you get into doing sets of repetitions of the squeezing. Once you've found your baseline, you can work from there. If you can, start with doing 5 repetitions (squeeze/hold/release). Judge for yourself how long you can hold the squeeze for, but don't push yourself too much at first.
- Once you've found your baseline, do your exercises, and every couple of days increase both the length of time you hold the squeeze for, and the number of exercises per set. As a guideline, try to work up to a point where you can hold the squeeze for ten seconds. And try to work up to doing ten reps of kegel exercises per set. So you squeeze, hold for ten second, release, relax for ten seconds, and repeat ten times.
- At the beginning, remember to regularly check that you are exercising your PC muscle, and not other muscles. Avoid contracting your abdominal, thigh, or buttocks muscles. This is something many people do, but it reduces the effectiveness of the kegel exercise Concentrate on breathing and trying to keep yourself relaxed, and only tense the PC muscles you are using. Try not to tense up your whole body.
- Like any exercise, it's important to build up slowly, and pay attention to your body. If you are experiencing pain or discomfort, you are pushing yourself too hard.

HAPPY SQUEEZING!!