

Advanced Urogynecologic Care

Dr. Janet Tomezsko

Tel (224) 251-7387

PELVIC FLOOR MUSCLE EXERCISES (KEGEL EXERCISES)

PURPOSE: To restore tone and function of atrophied pelvic muscles. This helps control involuntary loss of urine with physical activity such as a cough, sneeze or laugh. It can also help inhibit involuntary bladder contractions and decrease/alleviate fecal incontinence.

ANATOMY: The pubococcygeal muscle acts as a sling from the pubic bone (front) to the coccyx (tailbone) and encircles the urethra, vagina, and rectum. The location of this muscle can be obtained by voluntarily stopping the stream of urine when you empty your bladder or by placing your finger in your vagina and squeezing around your finger.

STEPS TO PERFORM PELVIC FLOOR MUSCLE EXERCISES:

1. Empty your bladder.
2. Try to relax completely. These exercises can be done in any position.
3. Tighten the pelvic floor muscle and hold for 10 seconds, then relax for 10 seconds. You should feel a sensation of lifting around your vagina or pulling around your rectum. Perform 2 quick contractions before each longer endurance contraction.
4. Do these exercises for 10-minute sessions, twice a day.

REMINDERS:

- o Do not use your stomach, legs or buttock muscles. Place your hand on your stomach while doing these exercises. If you feel your stomach move, then you are using accessory muscles and not your pelvic muscles.
- o Not all women can hold a 10 second contraction at first. After a digital vaginal exam, the nurse or physician can guide you as to how long of a contraction is appropriate for you.
- o Always rest the same amount of time you contract your pelvic muscles to avoid muscle fatigue.
- o Expected results vary, but after 2 weeks of daily pelvic muscle exercises you should notice some improvement with urinary incontinence. Significant improvement can be expected after 12 weeks of training.

Rx: Contract ___seconds, **Relax** ___seconds. **Perform 2 quick contractions before each longer endurance contraction. Perform** each session for 10 minutes, 2 times per day.