

**TRIPLER DEPARTMENT OF OBSTETRICS & GYNECOLOGY
DIVISION OF FEMALE PELVIC MEDICINE &
RECONSTRUCTIVE SURGERY
PELVIC FLOOR PHYSICAL THERAPY SERVICES**

KEGELS

Benefits of Kegel Exercises:

- Maintain the strength of the pelvic floor muscles to support the bladder, uterus, and rectum against the forces of gravity
- Maintain proper bowel and bladder functioning
- Improve sexual appreciation
- Regain normal muscle tone when you have spasming of the pelvic floor muscles

Recognizing the Pelvic Floor Muscles:

- When contracting your pelvic floor muscles, it is the same motion that you would use to stop the flow of urine when toileting, or when holding back gas in public.
- NEVER BEAR DOWN ON THE PELVIC FLOOR MUSCLES!!!!
- You can either use a mirror to observe your vagina/anus as you contract the muscles inward. You can also insert a finger or tampon into your vaginal or rectal openings and attempt to squeeze your muscles around these objects.
- Try to avoid holding your breath and/or contracting your stomach, hip, or buttocks muscles. When performing a proper Kegel contraction, no movement of your body should be seen.

Exercise Prescription:

1. Slow Kegels:

Contract and hold your pelvic floor muscles for _____ seconds.

Relax you muscles completely for _____ seconds.

- Do _____ Kegel contractions in the lying down position _____ times per day.
- Do _____ Kegel contractions in the sitting position _____ times per day.
- Do _____ Kegel contractions in the standing position _____ times per day.

2. Quick Kegels:

- Perform _____ quick Kegel contractions as fast as you can _____ times per day.
- These can be performed while washing your hands, sitting at a red light, standing on line, anytime!