

# Squeeze – The Right Muscles

## Kegel Exercises To Tone Your Pelvis and Stop Your Leaks

Urinary Incontinence (UI) is very common. It becomes more common with age but can affect young women too. 75% of women will experience some pelvic floor issue during their lives.

### **Stronger Pelvic Floor = Less Leaking**

1. In order for Kegels to be effective, you have to make sure you are tightening and strengthening the right muscles. How? As you urinate, stop the flow of urine mid-stream. These are the correct pelvic muscles to tighten.
2. Empty your bladder before starting your Kegels. Doing Kegels with a full bladder can cause pain and make leaking worse.
3. Sit upright in a chair or lie flat on your back on the floor with your knees bent.
4. Keep your abdominal muscles and buttocks relaxed.
5. Breathe in and out slowly during these exercises and avoid holding your breath.
6. While focusing on only your pelvic muscles, tighten or squeeze and hold for 5 seconds. If you can't hold that long, squeeze and hold for 2-3 seconds to begin.
7. Relax for 10 seconds.
8. Repeat this sequence 10 times, thus completing one "set" of exercises.
9. Set a goal to complete 3-5 "sets" at different times each day. (More than this isn't necessarily better.)
10. Find a routine. Do Kegels at stop lights, while answering emails or each time you sit for a meal.
11. Work your way up to squeezing and holding for 10 seconds, relax x 10 seconds and repeat 10 times. This may take several weeks to accomplish.
12. Once your pelvic muscles are feeling stronger, you may be able to do them while standing.
13. Be realistic and patient. It may take several weeks before you have more bladder control.

### **One "Set" of Kegels**

Tighten and hold **x** 5 seconds  
then relax **x** 10 seconds  
Repeat 10 times

**Do 3-5 Sets Each Day**

### **Resources:**

- Kegel exercises. (2012). National Library of Medicine - National Institutes of Health. Retrieved July 16, 2012, from <http://www.nlm.nih.gov/medlineplus/ency/article/003975.htm>
- Kegel exercises: a how-to guide for women. (2010). Mayo Clinic. Retrieved July 16, 2012, from <http://www.mayoclinic.com/health/kegel-exercises/WO00119>

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