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HOW TO DO KEGEL EXERCISES (PELVIC FLOOR EXERCISES)

To get into the habit of doing Kegel exercises, set aside a time of the day when there will be the least distraction. This will allow you to concentrate on the muscle group and be relaxed. You will only need a few moments a day to do these exercises.

Take a deep breath, and slowly let it out. Repeat this again and relax.

Relax your abdominal muscles during the exercise. It is very important you do not use your abdominal muscles during these exercises. Breathe slowly and relax.

Picture the pelvic floor muscle encircling your rectum and vagina as in the number "8". Squeeze or contract these muscles pulling inward.

A popular way to identify the pelvic muscles in men and women is to stop the flow of urine midstream. This is accomplished by contracting the pelvic floor muscles. Restarting the flow of urine is accomplished by releasing the pelvic floor muscles. Once the muscles are identified, the pelvic floor can be contracted and released independently of controlling urination. Kegel exercises are most frequently performed in sets.

Quick pumps: do 15 reps of quick pumps, pause for 30 seconds and repeat. Start at 15 and work your way up to 50 reps two times a day.

Hold and release: contract the muscle slowly and hold for 5-10 seconds, release slowly. Work your way to at least 15 reps two times a day.

Elevator: slowly contract 1/3 of the way, pause, then 2/3 of the way, pause, then all the way. Do 10 reps two times a day

Do these Kegel exercises in the morning, afternoon and evening. Try to do at least 10 each in the following positions: standing, sitting, lying down. Incorporate the exercises into your daily activities such as mealtime, watching TV, or even while you are brushing your teeth.

There should be no visible signs of you performing these exercises if you are doing them correctly (tightening abdominal muscles, grimacing on the face, moving your legs). When doing the exercises try not to move your legs, buttocks or stomach muscles.