

### **What is the kegel exercise?**

The kegel exercise was named after Dr. Arnold Kegel, who developed the exercise for the pelvic floor muscles as we know them today as the PCL muscles or Kegel muscles. Before the kegel exercise was developed, men and women had to deal with the possibility of urinary stress incontinence, which is (the inability to prevent urination when you laugh, cough, sneeze or jump). In the old days most men risked surgery, which was often not effective against incontinence.

We will now talk about the basic way to perform a kegel exercise. Keep in mind that the most important factor when doing kegels is to concentrate on squeezing the correct muscle repeatedly to increase strength, this will help to eliminate or avoid urinary incontinence as well as achieve other added benefits. Remember anytime you add blood flow to an area like the penis, this can provide added sexual sensations.

### **What is the Pelvic Floor?**

Well the Pelvic Floor is a "hammock" of muscles that supports the internal abdominal and pelvic organs. These muscles run in different directions and are different sizes. The job of these muscles is to support, lift and control the muscles that close the urethra (tube that urine passes through).

### **How do you exercise these muscles you ask?**

You exercise these muscles by squeezing and relaxing them. This takes effort and practice.

### **How do I find the right muscles? This is Very Important**

- To make sure that you are exercising the correct muscles, try starting and stopping your urine stream. This exercise will help you find the correct muscles. Repeat this exercise once a week to check whether or not you are using the correct muscles. Do not tighten your buttocks or thigh muscles when doing these exercises. Relax your stomach muscles as much as possible.
- When you are standing, squeeze your pelvic floor muscles, you should see your penis move slightly up and down like a twitching motion.

### **Now, lets do the exercises?**

Begin by squeezing the muscles for a count of four (1, 2, 3, 4) now relax for a count of four (1, 2, 3, 4). At first, you can only squeeze the muscles for 1 to 2 seconds, but as your muscles get stronger, you will be able to hold to the count of four (4).

Work up to repeating these exercises for five (5) minutes twice a day.

Remember to relax between each squeeze; just let the muscles go loose; do not push down.

Be sure to breathe.

Do not hold your breath.

### **Where can I do the exercises?**

When you first start doing the exercises, you need to set aside time when you can do them without being interrupted. After you have done them for a while and you are comfortable doing them right, you can practice these exercises any time and anywhere.

### **Remember:**

- Always squeeze your pelvic floor muscles when you:

Sit up from lying down

Stand from a sitting position

Lift something heavy

- You can practice squeezing these muscles when you are watching TV, standing in line or driving a car. Since these muscles are inside your body, people will not know you are doing exercises. It often takes 6 to 12 weeks to see results. Do these exercises regularly.

### **Are there any precautions?**

- Some people exercise more than they should hoping that they will regain bladder control quicker. If you exercise too much or too soon, your bladder control may get worse for a while. Start slowly and increase the amount of exercise slowly. Follow the guidelines that your health care team might have given you.

- Be sure to breathe during the exercises. Holding your breath may put extra pressure on your pelvic muscles.

Talk to your doctor if you have questions

I want to thank you for taking the time and learning how to do a basic kegel. Please review our website for additional information about Incontinence and products available for assistance with your prostate.

This presentation was provided by Kegel-exercises.com