



Caring Hearts, Healing Hands

Kegel Exercises

Why do they matter?

If you leak a few drips of urine when coughing, sneezing or laughing, Kegel exercises can help. Doing Kegel exercises during and after pregnancy can help prevent urinary incontinence.

How do you do them?

- Find the right muscles: stop urination in midstream—if you succeed, you've found the right muscles
- Perfect your technique: once you've found your pelvic floor muscles, empty your bladder and lie on your back. Tighten your pelvic floor muscles, hold for five seconds and then relax for five seconds.
- Repeat this four or five times in a row, working to keeping muscles contracted for 10 seconds and relaxing for 10 seconds
- Maintain your focus: focus on tightening only the pelvic floor muscles, try not to flex the muscles in your thighs, stomach or butt
- Breathe freely during the exercises and avoid holding your breath
- Repeat 3 times per day, focusing on 10 repetitions each time

When should I do them?

- Make Kegel exercises part of your daily routine
- Because they can be done discretely, perform them when you're sitting at your desk or doing other routine things like checking email or browsing the Internet

What if I'm having trouble?

- Ask for help! Call our office to schedule an appointment with a medical provider **(307) 745-8991**