

HOW TO DO KEGEL EXERCISES

- What are Pelvic Floor Muscles
 - These are a hammock shaped group of muscles, supporting your bladder, uterus and rectum and help in control of urine flow
 - Like any another muscle, these can be strengthened with regular exercises
- Find your Pelvic Floor Muscles
 - While passing urine, try to stop your urine stream
 - Squeeze your anus and pull it inwards as if trying to hold passing gas
- Do Pelvic Floor (Kegel) Exercises
 - Tighten and hold your pelvic floor muscles for a count of 10 seconds (count - One Hundred One, One Hundred Two, One Hundred Three ... till One hundred ten). Now relax it for another 10 seconds. This is one set of exercise.
 - Plan to do at least 20 sets of exercise 3 times in a day.
 - Perform 20 sets in mornings, 20 in afternoon and 20 in the night
 - Perform these sets either in standing position, sitting on a chair or lying down position with legs straight.
 - Start with a lesser number and gradually increase the number of sets as muscles develop.
 - Be consistent with the exercise. It takes at least 6 weeks to see measurable improvement and needs continuous exercise to maintain it.
 - The best part is that Kegel exercises can be done anywhere and without need for any special equipment.
- Do not
 - Hold your breath during contractions
 - Push down. You should squeeze the muscles to pull them up
 - Tighten the muscles in your stomach, buttock or thighs
 - Forget to relax your muscles between each squeeze for a count of 10

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