

## **KEGEL PELVIC MUSCLE EXERCISES**

### **How to identify the correct muscle:**

- 1) **WOMEN:** To find the muscle, place a finger inside your vagina. Squeeze the muscles around your finger. That is the muscle you want to exercise.  
**MEN:** To find the muscle, while you are urinating squeeze the muscle needed to stop the flow of urine.
- 2) Do not use your stomach, leg, or buttock muscles. The most common mistake is using too many muscles. To find out if you are also contracting your stomach muscles, place your hand on your abdomen while you squeeze your pelvic floor muscles. If you feel your stomach get hard, then you are also using these muscles.

### **Doing the exercises:**

- 1) Squeeze the muscle you identified earlier and hold for a count of 5 seconds. Then, relax for a count of 5 seconds. Do not hold your breath during the exercises.
- 2) Do a series of 5 of these exercises per waking hour. Then, increase by 5 times a day every 2 days to a maximum of 25 times per waking hour.

### **FOR WOMEN**

