

# Kegel Exercises

Linda Galarneau, RN, GNC(C), NCA  
613-548-7222, ext. 2412

*Your guide to*  
**Doing Kegel Exercises**

Providence Care  
St. Mary's of the Lake Hospital  
Specialized Geriatrics  
340 Union Street  
Kingston, ON K7L 5A2



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## ABOUT KEGEL EXERCISES

### Q. WHAT ARE THEY?

A. Kegel exercises help your pelvic floor muscles to become stronger.

### Q. WHAT ARE PELVIC FLOOR MUSCLES?

A. They are the muscles that hold your bladder, uterus, (women) and bowels in place. These muscles can get weaker:

- ◆ as we get older
- ◆ after having a baby
- ◆ because of little or no exercise
- ◆ obesity
- ◆ because of tummy or pelvic surgery
- ◆ neurological diseases (stroke, diabetes, multiple sclerosis, Parkinson's disease).

### Q. WHY ARE WEAK PELVIC FLOOR MUSCLES A PROBLEM?

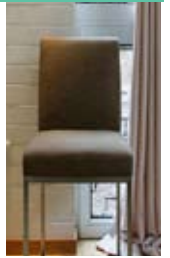
A. Weak muscles give you less control of your bladder and bowels. With weak muscles, you may leak urine when you cough, sneeze, laugh or exercise. You may also lose urine when you get the urge to go to the bathroom.

### REMEMBER...

- ◆ Any muscle will always get stronger with exercise if you do it regularly.
- ◆ You are never too old to benefit from muscle training exercises.
- ◆ Exercise takes time to show results. You will need to do these exercises daily for 6-8 weeks before you see results.

## HOW TO DO KEGEL EXERCISES

1. To locate your pelvic floor muscles, sit on a chair and lean forward slightly.
2. Squeeze the muscles around your back passage (rectum), like you want to stop yourself from passing wind.
3. Hold your rectal muscle and count slowly to 3.
4. Relax for a count of 3.
5. 10 of these exercises are called one set.
6. Do one set 5 or 6 times a day (50-60 squeezes).
7. They do not need to be spaced out during the day. Choose a convenient time. For example, while watching television, do your Kegal exercises during the commercials.
8. Finish your exercises with 5 short squeezes.
9. When you get better at doing these exercises, try holding for a count of 5 and relax for a count of 5.
10. Make these exercises a part of your life. Tighten the muscles:
  - ◆ when you walk.
  - ◆ before you laugh, cough, or sneeze.
  - ◆ before you stand up.
  - ◆ before you left or push.
  - ◆ on the way to the bathroom when you have an urge to urinate.



### DO NOT:

- ◆ bear down as during a contraction.
- ◆ use tummy, thigh or buttock muscles.
- ◆ hold your breath.