

# Performing Pelvic Floor Exercises

Pelvic Floor exercise. is also called pelvic muscle or Kegel exercise. Through regular exercise of these muscles you can build awareness, muscle strength, endurance and coordination.

## Starting Pelvic Floor Exercises:

1. **Relax your body and breathe during your exercises.** Holding your breath makes it more difficult to exercise correctly. **Do not strain, bear down or hold your breath as you do the exercises.**
2. **Isolate the muscles.** You should not see or feel other muscle movement when performing pelvic floor exercises. If done properly, no one else can tell if you are doing the exercise. Keep the buttocks, belly and inner thighs relaxed.

## Performing the Exercises:

1. Place your hand on top of your pubic bone.
2. Tighten, and draw in the muscles around the anal and vaginal openings so that you feel the muscles lift towards your pubic bone and squeeze the openings shut.

## Position for the Exercises:

1. Start lying down with your knees bent and supported with pillows
2. Once you've gained awareness and can feel the contractions you may perform the exercises in sitting or standing.

## Types of Exercises:

### ***There are two types of exercise contractions you should perform:***

1. Quick contractions where you tighten, lift and release
2. Endurance contractions where you tighten, lift and hold the muscles for up to 10 seconds.

## Exercise Frequency

- In general you should perform a total of 30-80 of these exercises per day.
- Talk to your health care provider about a specific exercise program.