



Kegel Exercises

Kegel exercises strengthen the muscles around the vagina, urethra and rectum. Your ability to control these muscles will be increased if you practice these exercises.

How to do Kegel Exercises

To locate these muscles, stop and start your urine when you use the toilet.

- Try to tighten the muscles a small amount at a time, thinking of an elevator going up to the 10th floor, then release very slowly, one floor at a time.
- As you tighten the muscles, you should feel the area from your urethra, where urine exits the body, to the rectum lift slightly.

When to Practice

- Practice while you sit, stand, walk, drive, or watch TV
- Do these exercises 3 times each day. Start with 5 repetitions and work up to 10 to 15 repetitions, 5 to 10 times a day.