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PELVIC MUSCLE (KEGEL) EXERCISE INSTRUCTIONS

• How to Find the Pelvic Muscle

The muscle that you use to hold back unwanted gas is the one you want to exercise. Some people find this muscle by voluntarily stopping the stream of urine.

• Exercising the Muscle

Begin by emptying your bladder. Then try to relax completely. Tighten this muscle and hold for a count of 10, or 10 seconds, then relax the muscle completely for a count of 10, or 10 seconds. You should feel a sensation of lifting of the area around your perineum or of pulling around your rectum.

• When to Exercise

Do 10 exercises in the morning, 10 in the afternoon and 15 at night. Or else you can exercise for 10 minutes three times a day. Set your kitchen time for 10 minutes three times a day. Initially, you may not be able to hold this contraction for the complete count of 10. However, you will slowly build to 10-second contractions over time. The muscle may start to tire after six or eight exercises. If this happens, stop and go back to exercising later.

• Where to Practice These Exercises

These exercises can be practiced anywhere and anytime. Most people seem to prefer exercising lying on their bed or sitting in a chair.

• Common Mistakes

Never use your stomach, legs, or buttocks muscles. To find out if you are also contracting your stomach muscle, place your hand on your abdomen while you squeeze your pelvic muscle. If you feel your abdomen move, then you are also using these muscles. In time, you will learn to practice effortlessly. Eventually, work these exercises in as part of your lifestyle; tighten the muscle when you walk, before your sneeze, on the way to the bathroom, and when you stand up.

• When Will I Notice a Change?

After 4 to 6 weeks of consistent daily exercise, you will notice less urinary accidents; after 3 months you will see an even bigger difference.