

Kegel (Pelvic Floor) Exercises

Kegel exercises, also called pelvic floor muscle training, can help treat bladder problems and improve bowel control.

How to Do Kegel Exercises

When we perform Kegel exercises, we're tightening our pelvic floor muscles up and in – and then relaxing. Once you know what the movement feels like, do Kegel exercises twice a day:

1. Make sure your bladder is empty, then sit or lie down.
2. Tighten your pelvic floor muscles up and in. Hold tight for 10 seconds if possible.
3. Relax the muscles for 10 seconds.
4. Perform two sets of 10 repetitions twice a day.

See daily tips on other side! →

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Everyday Kegels

Being able to Kegel allows you to reduce everyday forces on your pelvic organs and pelvic floor muscles. Think of it as the basis of skills to be used throughout the day – and your life.



Skill #1: Squeeze Before You Sneeze or Cough

Repeated coughing or sneezing cause pressure on the pelvic floor and organs.

This causes leakage. Prepare yourself for the downward force by first tightening your pelvic floor (Kegel) before you cough or sneeze.



Skill #2: Transitional Movements

Tighten your pelvic floor (Kegel) and abdominal muscles when you go from sit to stand or stand to sit. This reminds

your pelvic floor muscles to work while you are moving thus preventing leakage.



Skill #3: Lifting

Tighten your pelvic floor (Kegel) and abdominal muscles whenever you lift. For example: When lifting babies, groceries, laundry, etc. Also, be mindful

of your back and use proper lifting techniques.

If you would like to meet with a specialist, call the Methodist Physicians Clinic Women's Center at (402) 815-1700.