Pelvic floor exercises (or Kegels) are exercises used to strengthen the muscles in your pelvic floor that help to keep you clean and dry.  Like all the muscles in your body, without proper exercise these can become weak and cause involuntary loss of urine.

Purpose of pelvic floor exercises:

* Improve tone of the perineal muscles and pelvic organ support
* Prevent urinary incontinence or regain bladder control

Position:

* Any position will work.
* One that eliminates the force of gravity, such as lying down or sitting on something firm, is easier.

How to do the exercises:

* Tightly contract the muscles surrounding the vagina with an internal “pulling up”
* Release the muscles and notice the relaxation or “falling”
* DO NOT tighten stomach muscles
* DO NOT hold your breath

Where:

EVERYWHERE!!  If you are doing the exercises right, no one will know you are doing them!  Some ideas:

* At red lights
* During commercials on TV
* While brushing your teeth
* When coughing, sneezing, laughing or climbing stairs

How often:

* Start by doing a set of 5 exercises (5 in a row)
* Try to hold the squeeze for 5 seconds and then relax the muscle for 5 seconds between each exercise.
* Increase the exercises in the set by 2 each week and the hold and relax time by 2 seconds each week-you are ultimately aiming for 12 exercises in a row, hold for 12 seconds, relax for 12 seconds in between.
* This may be difficult at first but KEEP at it!  Like everything, practice makes perfect!