

Basic Kegel Exercise

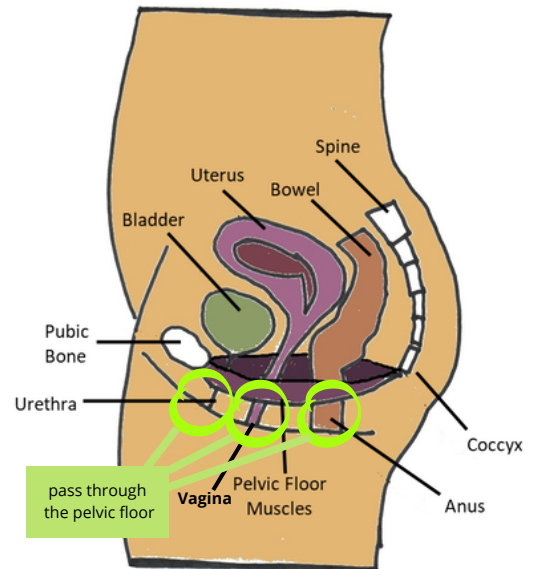
Your pelvic floor muscles are a group of muscles at the bottom of your pelvis. They support the organs inside, help us manage fluid dynamics and abdominal pressure, Create stability in the pelvic bones, and help us control anything that passes in or out at the bottom.

Exercising your pelvic floor muscles is a good way to make them stronger, which can improve your closing pressure, and support for the organs in your pelvis.

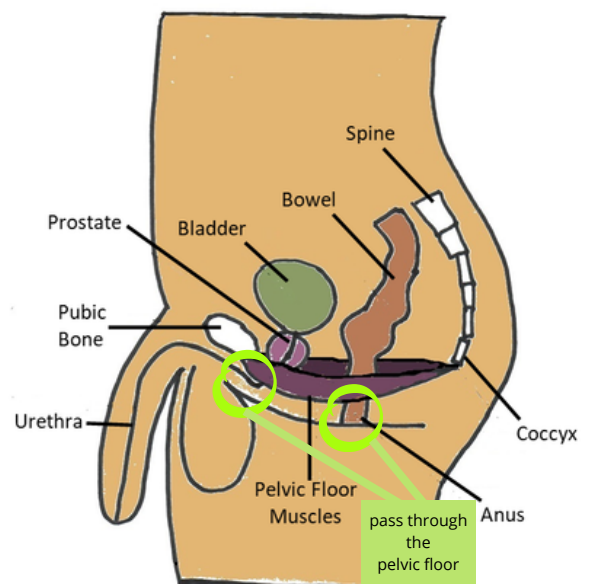
- To perform a Kegel contraction, first you would need to be able to locate, and activate your pelvic floor muscles.
- Imagine that you are squeezing to stop a stream of urine.
- You could also visualize trying to keep from passing gas.
- (or both at the same time).

Strength/weakness is only one factor that contributes to pelvic health.

It is beneficial to know about how your body manages coordination, stability, and flexibility. Understanding what factors are involved can help you determine the best strategies to manage your symptoms.



Everyone has a Pelvic Floor



If your pelvic floor muscles are at least moderately active when you squeeze, you will feel a slight lifting sensation, at the perineum (the place between your genitals and your anus).

If you still aren't sure whether you are using the right muscles, you can practice stopping the flow of urine when urinating. Or you can try inserting a finger into the vagina or anus, and try to squeeze the muscles surrounding it.

Breathe normally during the exercises. Try not to contract your legs, buttocks, or abdominal muscles during the exercises.

Once you have located your pelvic floor muscles, perform 10-20 contractions per session, 2-3 times per day.

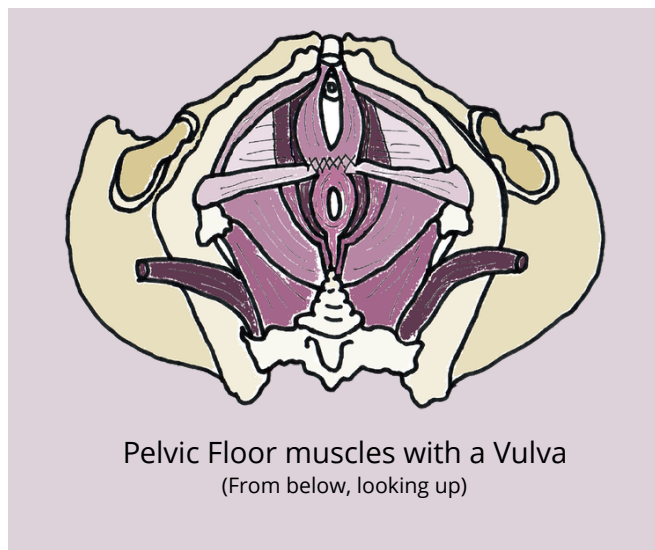
You Should begin to see results in 4-6 weeks...

Warning: *Checking to see if you can stop your urine stream once in a while is fine, but do not exercise while you urinate. It can cause other problems with pelvic floor and bladder.*



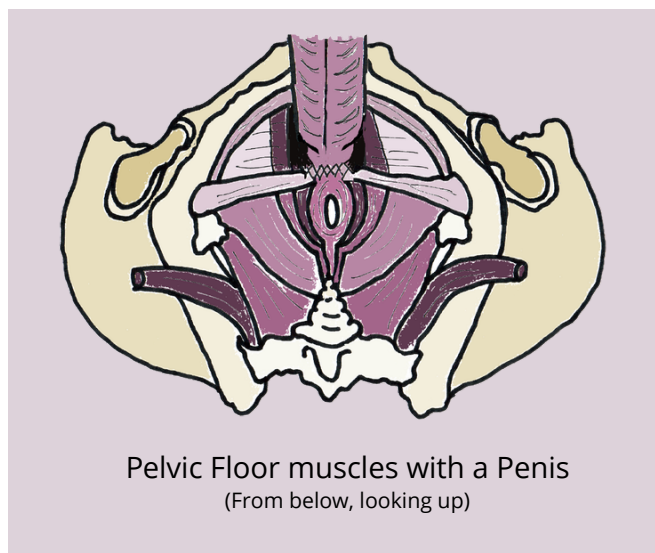
Here's a supplemental video, for more details about performing Kegels.

Basic Kegel Exercise.



Pelvic Floor muscles with a Vulva
(From below, looking up)

There are only small differences between genders



Pelvic Floor muscles with a Penis
(From below, looking up)

There can be many causes for pelvic symptoms. **Weakness is not always the cause.** If you have trouble making progress, If Kegels are painful, or If your symptoms seem to worsen, **STOP**, and discuss it with your Pelvic Health Professional. OR you can schedule a FREE Consult at <https://reliefpt.com>