



Pelvic Floor Exercises

1. Begin by emptying your bladder
2. Tighten the pelvic floor muscles and hold for a count of 10.
3. Relax the muscles completely for a count of 10.
4. Do 10 exercises, 3 times a day (morning, afternoon and night).

You can do these exercises at any time and any place. Most people prefer to do the exercises while lying down or sitting in a chair. After 4-6 weeks, most people notice some improvement. It may take as long as 3 months to see a major change.

A word of caution: Some people feel that they can speed up the progress by increasing the number or repetitions and the frequency of exercises. However, over-exercising can instead cause muscle fatigue and increase urine leakage.

If you feel any discomfort in your abdomen or back while doing these exercises, you are probably doing them wrong. Do not hold your breath or tighten your chest while trying these exercises. Relax and concentrate on contracting just the pelvic floor muscles.

When done the right way, these exercises also known as Kegel exercises, have been shown to be very effective in urinary continence.