

PELVIC FLOOR STRENGTHENING

KEGELS

Managed
independently

Squeeze. Hold. Repeat.

KEGELS

Kegel exercises strengthen the pelvic floor muscles, which support the uterus, bladder, small intestine and rectum.

HOW TO

- Squeeze your muscles as if you are stopping your urine stream (but do not do this while urinating.)
- Hold this squeeze for up to 10 seconds. You may not be able to hold it for that long at first, but keep practicing. It will get easier as your pelvic floor gets stronger.
- Repeat at least three times a day. A good goal is at least three sets of 10 repetitions a day.

HELPFUL HINTS

- Be careful not to flex the muscles in your abdomen, thighs or buttocks. Avoid holding your breath.
- It may be helpful to pick an activity as a reminder. Examples include doing your exercises when you sit down for a meal or when a commercial comes on the television.

PELVIC FLOOR THERAPY

Overseen by physical
therapist

It is 4x more helpful
than doing exercises
alone.

PELVIC FLOOR THERAPY

Pelvic floor physical therapy is directed by a specialized physical therapist. The goal of the treatment is to improve the strength and function of pelvic floor muscles.

Pelvic floor therapy may include:

- Pelvic floor muscle exercise and training
- Manual therapy
- Electrical stimulation
- Strengthening and core stabilization exercises
- Biofeedback

Biofeedback allows the you to observe how the pelvic floor muscles work while performing the exercises.

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