KEGEL EXERCISES

Pelvic muscle exercises, also called Kegel (kay-gull) exercises after Dr. Arnold Kegel, who developed them, strengthen the pelvic floor muscles. The actual name of the exact muscles are the "pubococcygeous" muscles. These muscles contract and relax under your command to control the opening and closing of your urethral sphincters, or the muscles that give you urinary control. When they are weak, urine leakage results. However, through regular exercise, you may be able to build up their strength and endurance and, in man cases, regain bladder control.

Begin by locating the muscles to be exercised:

- 1. As you begin urinating, try to stop or slow the urine without tensing the muscles of your legs, buttocks, or abdomen. It is very important not to use these other muscles, because only the pelvic floor muscles help with bladder control.
- 2. When you are able to slow or stop the stream of urine, you have located the correct muscles. Feel the sensation of the muscles pulling inward and upward.

Helpful hint: Squeeze the rectal area to tighten the anus as if trying not to pass gas. You will be using the correct muscles.

Now you are ready to exercise regularly:

When you have located the correct muscles, set aside two times each day for exercising: morning and evening.

- Set #1 Quick Contractions (QC) Tighten and relax the sphincter muscles as rapidly as you can.
- Set #2 Slow Contractions (SC) Contract the sphincter muscle and hold to a count of 3 (gradually increasing to 10 seconds per exercise daily), then RELAX completely before the next contraction.

In the beginning, check yourself frequently by looking in the mirror or by placing a hand on your abdomen and buttocks to ensure that you do not feel your belly, thigh, or buttock muscles move. If there is movement, continue to experiment until you have isolated just the muscles of the pelvic floor.

Your bladder control should begin to improve in 3 to 6 weeks. If you keep a record of urine leakage each day, you should begin to notice fewer marks in the bladder leakage column. Increase the frequency of the exercises slowly. If you over fatigue the muscles, you may experience more leakage.

The notation . . .

5QC, 10 3 sec SC, 5QC means 5 quick contractions, then 10 3 sec slow contractions, then 5 quick contractions. The 3 sec slow contraction means holding the contraction for 3 seconds.

The notation . . .

20QC, 25 10 sec SC, 20 QC means 20 quick contractions, then 25 10 sec slow contractions, then 290 quick contractions.

KEGEL EXERCISES CONTINUED . . .

Make pelvic muscle exercises a part of your daily routine: Whether you are doing pelvic muscle exercises to improve or maintain bladder control, you must do them regularly on a lifetime basis. Use daily routines such as watching TV, reading, stopping at traffic lights, and waiting in the grocery checkout line as cues to perform a few exercises.

These 10 healthy habits will help improve your bladder control:

- 1. Use the toilet regularly. Make toilet facilities more convenient; this may mean a bedside commode or a bedpan or urinal placed in the bed.
- 2. Wear clothes that are easy to remove when it is time to use the toilet.
- 3. Train your bladder. Use a clock to schedule times to toilet. Every hour, then every 1-½ hours, etc., until you achieve a satisfactory schedule. Avoid frequent trips to the toilet "just in case."
- 4. Remain at the toilet until you feel your bladder is empty. Don't rush. If you feel there is still some urine in the bladder, move around or stand up if you were sitting, sit back down, and lean forward slightly over the knees.
- 5. Empty your bladder before you start on a trip of an hour or more. Don't try to wait until you get home or until it's more convenient.
- 6. Learn to squeeze before you sneeze and before you cough, laugh, get out of a chair, or pick up something heavy.
- 7. Establish regular bowel habits. Constipation affects bladder control
- 8. Consider avoiding foods that are known to affect the bladder, such as tomatoes, chocolate, spicy foods, and beverages, including alcohol and those containing caffeine. These make the bladder more irritable and therefore increase incontinence.
- 9. Watch your weight. Obesity makes bladder control more difficult. Ask your regular doctor about a sensible diet if you are overweight.
- 10. Stop smoking. Smoking is irritating to the bladder, and a smoker's cough may cause bladder leakage.

FOR EXAMPLE: DURING WEEK 1, DO 5 QUICK CONTRACTIONS, 10 SLOW CONTRACTIONS TO A COUNT OF 3, AND 5 QUICK CONTRACTIONS.

DATE DAY AM PM MON MON MON TUES TUES TUES WED WED WED THUR THUR THUR FRI SAT SAT SUN SUN SUN WEEK 6 10 QC, 15 4 sec SC, 10 QC DATE DAY AM PM MON TUES WED THUS WED THUR FRI FRI SAT SAT SUN WEEK 7 15 QC, 20 5 sec SC, 15 QC DATE DAY AM PM MON TUES WEEK 7 40 QC, 10 3 sec SC, 5 QC DATE DAY AM PM MON MON TUES WEEK 7 40 QC, 10 3 sec SC, 5 QC DATE DAY AM PM MON TUES WED THUR FRI FRI FRI FRI FRI FRI SAT SUN WEEK 7 40 QC, 10 3 sec SC, 5 QC DATE DAY AM PM MON MON TUES WED THUR FRI FRI FRI FRI FRI SAT SUN WEEK 8 15 QC, 20 10 sec SC, 15 QC DATE DAY AM PM DATE DAY AM PM PM WEEK 8 15 QC, 20 10 sec SC, 15 QC DATE DAY AM PM DATE DAY AM PM DATE DAY AM PM PM MON TUES SUN WEEK 8 15 QC, 20 10 sec SC, 15 QC DATE DAY AM PM DATE DAY AM PM DATE DAY AM PM PM MON TUES TU	WEEK 1		WEEK 5			
MON	5 QC, 10 3 sec SC, 5 QC		20 QC, 10	3 sec SC,	5 QC	
TUES	DATE DAY AM	PM	DATE	DAY	AM	PM
WED	MON			MON		
WED	TUES —			TUES		
THUR					-	
FRI SAT SUN						
SAT SUN SUN SUN						
SUN						
WEEK 2 10 QC, 15 4 sec SC, 10 QC DATE DAY AM PM MON TUES WED THUR FRI SAT SUN WEEK 3 WEEK 4 WEEK 4 WEEK 4 WEEK 4 WEEK 4 WEEK 4 WEEK 8 SQC, 10 3 sec SC, 5 QC DATE DAY AM PM WEEK 6 SQC, 10 3 sec SC, 5 QC DATE DAY AM PM WEEK 6 SQC, 10 3 sec SC, 5 QC DATE DAY AM PM MON MON MON MON TUES WEEK 3 WEEK 7 HUR HUR HUR HUR HUR HUR HUR HU						
10 QC, 15 4 sec SC, 10 QC DATE DAY AM PM MON TUES WED THUR FRI SAT SUN WEEK 3 WEEK 7 15 QC, 20 5 sec SC, 15 QC DATE DAY AM PM MON WED TUES WED WED WEEK 3 WEEK 7 SUN WEEK 3 WEEK 7 SUN WEEK 8 SUN WEEK 9 SUN WEEK 9	5011			3011		
DATE DAY AM PM MON MON MON MON TUES WED TUES MED THUR THUR THUR MED FRI FRI SAT SAT SUN SUN SUN MEEK 7 VEEK 3 WEEK 7 40 QC, 10 3 sec SC, 5 QC DAY AM PM MON	WEEK 2		WEEK 6			
DATE DAY AM PM MON MON MON MON TUES WED TUES MED THUR THUR THUR MED FRI FRI SAT SAT SUN SUN SUN MEEK 7 VEEK 3 WEEK 7 40 QC, 10 3 sec SC, 5 QC DAY AM PM MON	10 QC, 15 4 sec SC, 10 QC		5QC, 103	sec SC, 5	QC	
MON	-	PM				PM
TUES				MON		
WED WED THUR THUR FRI FRI SAT SAT SUN SUN WEEK 3 WEEK 7 15 QC, 20 5 sec SC, 15 QC 40 QC, 10 3 sec SC, 5 QC DATE DAY AM PM DATE DAY AM PM MON MON TUES TUES WED WED THUR THUR FRI FRI SAT SAT SUN SUN WEEK 8 15 QC, 20 10 sec SC, 15 QC DATE DAY AM PM DATE DAY AM PM						
THUR THUR FRI FRI SAT SAT SUN SUN WEEK 7 15 QC, 20 5 sec SC, 15 QC DATE DAY AM PM MON TUES WED THUS WED THUR FRI SAT SAT SUN WEEK 4 WEEK 8 15 QC, 20 10 sec SC, 15 QC DATE DAY AM PM WEEK 8 TOUR THUR FRI SAT SUN WEEK 8 TOUR WEEK 8 TOUR THUR FRI SAT SUN WEEK 8 TOUR THUR THU						
FRI SAT SUN						
SAT					-	
SUN SUN WEEK 3 WEEK 7 15 QC, 20 5 sec SC, 15 QC 40 QC, 10 3 sec SC, 5 QC DATE DAY AM PM DATE DAY AM PM MON MON TUES WED WED WED THUR THUR FRI FRI SAT SAT SUN SUN WEEK 8 15 QC, 20 10 sec SC, 15 QC DATE DAY AM PM SUN DATE DAY AM PM						
WEEK 3 15 QC, 20 5 sec SC, 15 QC DATE DAY AM PM MON TUES WED THUR FRI SAT SUN WEEK 8 15 QC, 20 10 sec SC, 15 QC WEEK 8 WEEK 7 40 QC, 10 3 sec SC, 5 QC DATE DAY AM PM MON TUES WED THUR FRI SAT SUN WEEK 8 50 QC, 50 10 sec SC, 50 QC DATE DAY AM PM			-			
15 QC, 20 5 sec SC, 15 QC DATE DAY AM PM MON TUES WED THUR FRI SAT SUN WEEK 4 WEEK 4 WEEK 8 15 QC, 20 10 sec SC, 15 QC DATE DAY AM PM 40 QC, 10 3 sec SC, 5 QC DATE DAY AM PM DATE DAY AM PM AND AND MON TUES WED WED THUR FRI SAT SUN WEEK 8 50 QC, 50 10 sec SC, 50 QC DATE DAY AM PM	SON			3011		
15 QC, 20 5 sec SC, 15 QC DATE DAY AM PM MON TUES WED THUR FRI SAT SUN WEEK 4 15 QC, 20 10 sec SC, 15 QC 40 QC, 10 3 sec SC, 5 QC DATE DAY AM PM DATE DAY AM PM AM PM AM PM AM PM DATE DAY AM PM AN PM DATE DAY AM PM	WEEK 3		WEEK 7			
DATE DAY AM PM MON			40 OC, 10	3 sec SC,	5 QC	
MON MON TUES TUES WED WED THUR THUR FRI FRI SAT SAT SUN SUN WEEK 8 15 QC, 20 10 sec SC, 15 QC DATE DAY AM PM MON MON TUES WED THUR FRI SAT SAT SAT SUN WEEK 8 15 QC, 20 10 sec SC, 15 QC DATE DAY AM PM DATE DAY AM PM		PM				PM
TUES		2.1.2				
WED WED THUR THUR FRI FRI SAT SAT SUN SUN WEEK 4 WEEK 8 15 QC, 20 10 sec SC, 15 QC 50 QC, 50 10 sec SC, 50 QC DATE DAY AM PM DATE DAY AM PM			-			
THUR THUR FRI FRI SAT SAT SUN SUN WEEK 8 15 QC, 20 10 sec SC, 15 QC DATE DAY AM PM THUR FRI SAT SUN SUN DATE DAY AM PM DATE DAY AM PM SUN DATE DAY AM PM						
## FRI ## FRI ## SAT ## SAT ## SUN ## SUN ## SUN ## WEEK 8 15 QC, 20 10 sec SC, 15 QC ## 50 QC, 50 10 sec SC, 50 QC DATE DAY AM PM ## DATE DAY AM PM						
SAT SAT SUN SUN WEEK 4 WEEK 8 15 QC, 20 10 sec SC, 15 QC 50 QC, 50 10 sec SC, 50 QC DATE DAY AM PM DATE DAY AM PM				WED		
SUN SUN WEEK 4 WEEK 8 15 QC, 20 10 sec SC, 15 QC 50 QC, 50 10 sec SC, 50 QC DATE DAY AM PM DATE DAY AM PM	THUR			WED THUR		
WEEK 4 WEEK 8 15 QC, 20 10 sec SC, 15 QC 50 QC, 50 10 sec SC, 50 QC DATE DAY AM PM DATE DAY AM PM	THUR FRI			WED THUR FRI		
15 QC, 20 10 sec SC, 15 QC 50 QC, 50 10 sec SC, 50 QC DATE DAY AM PM DATE DAY AM PM	THUR FRI SAT			WED THUR FRI SAT		
DATE DAY AM PM DATE DAY AM PM	THUR FRI SAT			WED THUR FRI SAT		
DATE DAY AM PM DATE DAY AM PM	THUR FRI SAT			WED THUR FRI SAT SUN		
1001	THUR FRI SAT SUN			WED THUR FRI SAT SUN		
MON MON	THUR FRI SAT SUN WEEK 4 15 QC, 20 10 sec SC, 15 QC		50 QC, 50	WED THUR FRI SAT SUN		
	THUR FRI SAT SUN WEEK 4 15 QC, 20 10 sec SC, 15 QC		50 QC, 50	WED THUR FRI SAT SUN		
	THUR FRI SAT SUN WEEK 4 15 QC, 20 10 sec SC, 15 QC DATE DAY AM MON SCORE S		50 QC, 50	WED THUR FRI SAT SUN 10 sec SC DAY MON		
	THUR FRI SAT SUN WEEK 4 15 QC, 20 10 sec SC, 15 QC DATE DAY AM MON TUES		50 QC, 50	WED THUR FRI SAT SUN 10 sec SO DAY MON TUES		
	THUR FRI SAT SUN WEEK 4 15 QC, 20 10 sec SC, 15 QC DATE DAY AM MON TUES WED WED		50 QC, 50	WED THUR FRI SAT SUN 10 sec SO DAY MON TUES WED		
	THUR FRI SAT SUN WEEK 4 15 QC, 20 10 sec SC, 15 QC DATE DAY AM MON TUES WED THUR		50 QC, 50	WED THUR FRI SAT SUN 10 sec SC DAY MON TUES WED THUR		
SAT	THUR FRI SAT SUN WEEK 4 15 QC, 20 10 sec SC, 15 QC DATE DAY AM MON TUES WED THUR FRI FRI FRI SAT THUR FRI FRI THUR FRI TRI _		50 QC, 50	WED THUR FRI SAT SUN 10 sec SC DAY MON TUES WED THUR FRI		
SAT	THUR FRI SAT SUN WEEK 4 15 QC, 20 10 sec SC, 15 QC DATE DAY AM MON TUES WED THUR		50 QC, 50	WED THUR FRI SAT SUN 10 sec SC DAY MON TUES WED THUR		

CONTINUE AT RATE OF 50, MAY INCREASE MORE IF DESIRED. THE TOTAL NUMBER CN BE DIVIDED UP OVER THE COURSE OF THE ENTIRE DAY.