



KEGEL EXERCISES

These anal muscle exercises often benefit both men and women. The exercises strengthen the muscles simply by tightening and relaxing them. A person can learn to identify these muscles by simply tensing the ring of muscles around the rectum while sitting or standing. The abdominal, thigh and buttock muscles should remain relaxed. Stopping and starting the flow of urine while voiding is another good way to identify these muscles.

THE EXERCISES:

Quick Kegels

Tighten and relax the anal muscles as rapidly as possible.

Slow Kegels

Tighten the anal muscles. Hold it for a count of five, then relax.

At first, do 10 of each of the exercises (one set) four times everyday. Each week increase the number of times of exercise by 5 (15, 20, 25, etc.). Complete four sets each day. Be patient, because it may take at least three times for results. Make the exercises a part of your daily life to help assure ongoing benefits.

When you have control of these muscles, use them to help prevent “accidents”. Tighten your pelvic muscles: when, you have the urge to urinate, before you get up from a chair, before you move to get out of bed, before and while lifting heavy objects, when someone is going to tell you a funny story or when you feel a sneeze or cough coming on.