

## Kegels!

Cues to find Pelvic floor contraction.

- Gently lift your pelvic floor by imagining you are trying to stop the flow of urine and a bowel movement at the same time.
- Imagine you are gently lifting a marble up and in your vagina or rectum.
- Imagine you are drawing your pubic bone towards your tailbone.

• Try not to contract your buttocks muscles; instead, engage your abdominal muscles.

1. **Quick Contractions:** Perform 10\_\_\_ squeezes quickly

Make sure you are fully relaxing between each repetition.

\_\_\_2\_\_\_ sets per day supine (lying down) / sitting / standing . Lying down to start.

2. **Holds:** Perform \_10\_ squeezes, and hold each one for \_3seconds\_\_\_ seconds  
Relax fully for \_\_\_5\_ seconds in between each repetition.

\_\_\_2\_ sets per day supine (lying down) / sitting / standing . Lying down to start.

3. Complete these exercises \_\_\_2\_\_\_ times a day.

Your muscle strength, endurance, and control will improve if you challenge your muscles. You should try to tighten the muscles strongly during each contraction.

## Tips!

**Do not breath hold.** You will start pelvic floor contraction to time with exhale phase or breathing.

You can use a mirror to watch the contraction, attempt to stop the flow of urine but do not try this routinely, as well as insert a finger or tampon applicator and try to perform contraction around this so you can better feel.