

KEGEL EXERCISES

Follow these four simple steps:

1. Contract the muscles and hold - the sensation is like pulling everything "up inside" and not "pushing down".
2. Count "one thousand and one" (one second), "one thousand and two" (two seconds) and so on, until you are unable to hold any longer. Rest for 5 to 10 seconds and then start the exercise again. With practice, you should be able to contract the muscles for up to 10 seconds and this should also be reflected in increased urinary control.
3. Perform one set of 10 exercises each hour while you are awake... remember, if voluntary muscles (those under your control) are not made to work, they do not become stronger.
4. Once the exercises have been performed for 5-6 weeks, improvement should be evident if:
 - a) the exercises have been performed regularly,
 - b) there are no other causes contributing to urinary loss.

Once the muscles are stronger and control is achieved, the strength can be maintained by doing one set of 10 exercises 2 or 3 times per week.

Developed by a gynecologist, Dr. Howard Kegel, these exercises have helped many people, like yourself, strengthen the muscles in the lower pelvis (pelvic floor) and ultimately improve their urinary control without surgery.

A Patient Instruction service provided with the compliments of your physician.

Produced by Pharmascience Inc., Montreal, Que.