



KEGEL EXERCISES FACT SHEET

What are Kegel exercises?

Arnold Kegel, MD, an American gynecologist, originally designed exercises to help treat urinary control problems by strengthening the pelvic floor muscles. In his honor, the exercises have become known as “Kegel exercises”.

These same exercises can be used to strengthen the anal muscles that help with bowel control. Just as muscles anywhere in the body can be made stronger by appropriate exercise, so can your anal and pelvic floor muscles.

To do the Kegel exercises, we recommend you:

- Try to pull up high inside as if you were trying to shut off a bowel movement or stop urination. Do not move your hips, tighten your thighs, or try to squeeze your buttocks together.
- At the same time, it also is helpful to squeeze your muscles as if you were stopping urination in mid-stream, since the same basic muscles and nerves are involved in urinary and fecal control.
- Try to hold this contraction for at least three seconds and repeat the process.
- Try to do this set of ten repetitions as many times as possible during the day, and at least ten times per day. It may take 4 to 6 weeks to notice improvement, so do not get discouraged. And as always, please feel free to contact us at any time if you have questions or concerns.