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ADULT & PEDIATRIC UROLOGY

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Exercises for Urinary Incontinence

HOW TO FIND THE PELVIC MUSCLE

To find the muscle imagine you are at a party and the rich food you have consumed causes you to have gas. The muscle that you use to back gas is the one you want to exercise. Some people find this muscle by voluntarily stopping the stream of urine.

EXERCISE THE MUSCLE

Begin by emptying your bladder. Then try to relax completely. Tighten this muscle and hold back for a count of 10 or for 10 seconds, then relax the muscle completely for a count of 10 or for 10 seconds. You should feel a pulling sensation around your rectum.

WHEN TO EXERCISE

Do 10 exercises in the morning, 10 in the afternoon and 15 at night. Or, you can set your kitchen timer and exercise for 10 minutes, three times a day. Initially, you may not be able to hold this contraction for the complete count of 10. However, you will slowly build to 10-second contractions over time. The muscle may start to tire after six or eight exercises. If this happens, stop and go back to exercising later.

WHERE TO PRACTICE THESE EXERCISES

These exercises can be practiced anywhere, anytime. Most people seem to prefer exercising lying on their bed or sitting in a chair.

COMMON MISTAKES

Never use you stomach, legs, or buttocks muscles. To find out if you are also contracting your stomach muscles, place your hand on your abdomen while you squeeze your pelvic muscle. If you feel your abdomen move, then you are also using these muscles. In time, you will learn to practice effortlessly. Eventually, work these exercises in a part of your lifestyle: tighten the muscle when you walk, before you sneeze, as you stand up, and on the way to the bathroom.

WHEN WILL I NOTICE A CHANGE?

After 4 to 6 weeks of daily exercise you will begin to notice less urinary accidents, and after 8 to 12 weeks you will see even bigger difference.

CAN THESE EXERCISES HURT ME?

No! These exercises cannot harm you in any way. Most patients find them relaxing and easy. If you get back pain or stomach pain after you exercise, then you are probably trying too hard and using stomach muscles. Go back and find the pelvic muscle, and remember, this exercise should feel easy.