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## ADULT & PEDIATRIC UROLOGY

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### Kegels

#### 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 hold back gas is the one you want to exercise. Some people find this muscle by voluntarily stopping the stream of urine. However, kegels are not intended to be done during urination.

##### EXERCISE THE MUSCLE

Kegels are best done with an empty bladder. To begin, tighten pelvic muscle and hold the contraction 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. Do a set of 10 contractions. This makes one set.

##### WHEN TO EXERCISE

We recommend six sets of kegels daily. Doing a set before and after each meal is a good routine. You can also do a set as soon as you wake up and a set once you get in bed at night before falling asleep. Initially, you may not be able to hold contractions for the complete count of 10. However, you will slowly build to a 10-second contractions over time. If the muscle starts to tire after six or eight exercises keep trying until you build up to 10 reps of 10 seconds...six times a day.

##### 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 your stomach, thigh, 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 muscles. If you feel your abdomen move, then you are also using these muscles. Over time, kegels will become more easy. Eventually, work these exercises into 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 an 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.