

How to Do Kegel Exercises For Women

Kegels (pelvic floor exercises) should be an important part of a women's daily exercise routine. They strengthen the core muscles that support your pelvic organs such as your bladder, bowel and uterus, and a strong and healthy pelvic floor means no leaks, less chance of prolapse and greater intimate sensation for both you and your partner.

When you start, you might decide to lie on your back. In this position the pelvic muscles don't have to work against gravity. It is more challenging for the muscles to work against gravity in the upright position. If you are struggling to exercise your pelvic floor, (especially after surgery), rather start exercising your pelvic floor lying on your back.

Now cue yourself to contract the muscles in and around the vagina, anus and urethra. You are going to squeeze and lift inside. As explained in the instructions below. Starting with the anus and then the rest; lift, squeeze and hold...not your breathe though, keep breathing and don't pull in your tummy or tighten your buttocks or legs either.

Lift and squeeze your pelvic floor muscles into a strong contraction. Hold the contraction for at least 2 to 5 counts (once again don't hold your breath, keep breathing normally) and then release the muscles. Now rest for 5-seconds then repeat 5 times. Let your active and rest periods be the same length in time.

It is important to mention that at first, some of you may only get up to two contractions in a row, others may do multiple contractions. Some of you may be able to hold for only 2-seconds, others longer. Just do what's good for you. But, don't over do it or hurt yourself.

Take it easy and progress slowly up to 6 or 10 strong contractions in a row and as your strength improves, try to contract your pelvic floor muscles a little longer each time. Work towards 8 to 10 second contractions. Ideally, try to do 5 minutes of Kegels 3 times a day, every day, throughout the day.

Lastly, as your technique improves, continue to make your contractions stronger while steadily progressing from a lying, to a sitting, to a standing position.

Tips

- Try to vary your Kegels by alternating between 5 slow pull-ups and 5 fast pull-ups. Ideally for five minutes. If possible, you should do your Kegel exercises for about five minutes at least three times a day – if you have time, try to do more. Preferably 6 -10 times a day.
- As your pelvic floor muscles become stronger increase the length of time you 'squeeze and lift' You should aim to hold each slow Kegel for a count of 10 (about 10 seconds). However after surgery, start with 2 seconds and increase slowly.
- Try to make sure you exercise your pelvic floor muscles only, not your bum, thighs or legs. You might find it difficult at first especially if you have weak pelvic floor muscles, but after a few weeks you will be amazed how you will be able to perfect the Kegel technique.
- This pelvic floor exercise routine should take 8-20 weeks for most improvement to occur.
- Allow for 5-6 months of ongoing training to fully strengthen your pelvic floor
- Or you can opt for an electronic pelvic toner for women – check out the Ultra 20 for women at <https://www.betamarketing.co.za/kegel8-ultra-20>

When exercising your pelvic floor, don't rush! Progress slowly and surely.

Kegel Exercise Instructions For Women

Kegel exercises for women are really important. They help to prevent prolapse problems and female incontinence. They also help to improve intimate sensation. But how do you do Kegel exercises?

Firstly, it's about finding the right muscles:

1. Sit, stand or lie (especially after surgery) with your knees slightly apart.
2. Your pelvic floor muscles act as a 'hammock' for your pelvic organs. To find them, firstly sit, stand or lie wherever you're comfortable. You need to relax your thighs, buttocks and tummy.
3. Tighten the muscles around your anus as if you're trying to control wind – then relax. Try not to squeeze your buttocks together or clench your tummy or thigh muscles.
4. Now imagine you're passing urine – try to stop mid-flow then start again. Don't do this while you're actually passing urine though, as this can cause problems – just imagine it.
5. You can check if you're using the right muscles by placing your two fingers inside your vagina. If you're using the right muscles, you'll feel the muscles lifting and gently squeezing your fingers each time you tighten the muscles correctly.
6. Remember to breathe normally

Now that you've found the right muscles, you can work on them.

There are two different types of Kegel exercises, because there are two different types of nerve fibres in your pelvic floor – the 'slow twitch muscle fibres', which have a constant tone, even while you sleep, and the 'fast twitch muscle fibres', which work quickly when they're needed, for example when you cough, sneeze or run.

Slow Kegel exercises for women:

- Sit, stand or lie (especially after surgery) with your knees slightly apart.
- Remember the muscles you found? Tense the muscles slowly, as hard as you can so that you can feel a lifting sensation.
- Try to hold this for 10 seconds – don't forget to breathe!
- Slowly relax the muscles and rest for 10 seconds.
- Repeat!
- You should aim to repeat this ten times. Don't worry if you can't hold the lift for 10 seconds at first – you can start at 2 seconds and build up from there.

Fast Kegel exercises:

- Repeat the same action as before, but this time, try tightening the muscles as quickly as you can.
- Hold the lift for 10 seconds, then let go.
- Try to do this 10 times.

Try to do these slow and fast Kegels 3 to 6 times a day to achieve the best results.

If you're finding it hard to do these exercises, it could be that your muscles are too weak to contract on their own. If so, then you can opt for an electronic pelvic toner like the Ultra 20. To learn more about it go to

www.betamarketing.co.za/kegel8-ultra-20

Remember, if you have just had surgery, then first consult with your doctor before doing any Kegels and when you do, start them lying down.