

### PELVIC FLOOR-MUSCLE EXERCISES (KEGELS)

- Contract (tighten) your pelvic floor muscles, tightening your rectum as though you were trying to keep from passing gas, for three seconds (“one-and-two-and-three”) and then relax for three seconds. Breathe normally; do not hold your breath.
- You should feel your rectum tighten. Women may also feel tightening in the vagina. You should not feel your abdominal muscles tighten (you can feel them if you place your hand lightly on your abdomen).
- Do a total of 45 exercises each day divided into three sets of 15 exercises each. Do one set of 15 exercises lying down, one set sitting, and one set standing. Avoid doing all 45 exercises at once: spread the three sets out over the course of the day.
- Once you are able to comfortably do the exercise for three seconds, gradually increase the time that you contract and relax your muscles, up to 10 seconds each. Keep the contraction and relaxation times equal.