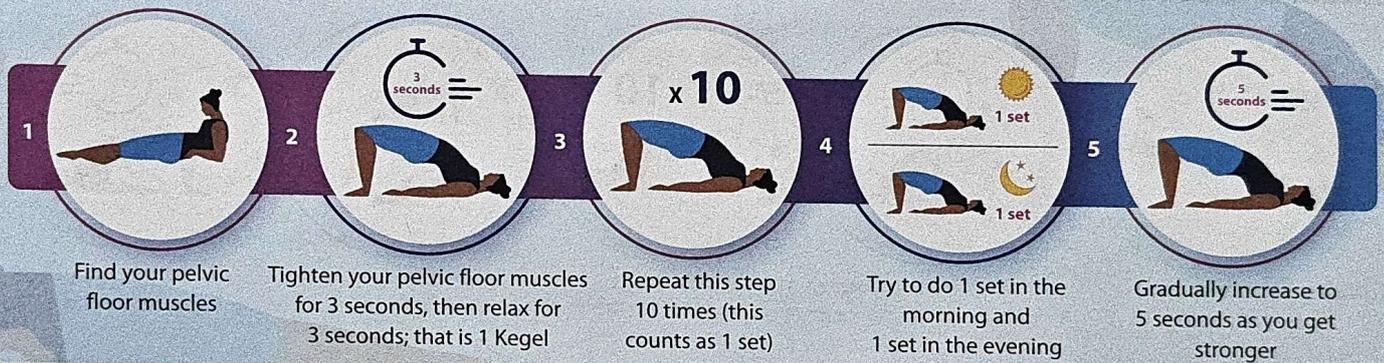


In Which Conditions Kegel Exercises will be Helpful?

Kegel exercises can help strengthen the pelvic floor muscles weakened by conditions such as:¹



Steps for Doing Kegels¹



Kegel Exercises: Your Essential Do's and Don'ts²

Do's

Don'ts

Do the exercises in 3 different positions:³
1. Lying down* **2. Sitting#** **3. Standing⁵**

- Aim to include 1 set of exercises in the morning, afternoon, and evening
- Keep a daily journal or exercise log to record your sessions
- Ask your doctor for a personalized exercise plan that suits your unique needs

- Do not tense your stomach or thighs during Kegels
- Do not stop doing the exercises; they require time and consistency to be effective
- Do not increase the number of repetitions too fast

^{*}Lie down with knees bent. Inhale, and contract the pelvic floor muscles while lifting your buttocks. Relax with lowering your shoulders, back, and buttocks. [#]Sit and stretch your legs. Squeeze your pelvic floor muscles in contraction for 5 seconds while rotating your feet outward, then relax. ⁵Stand with support from a table or chair. Lift your heels in contraction, squeezing your pelvic muscles for 5 seconds, then relax your heels back down.

References: **1.** Kegel exercises. Cleveland clinic [Internet]. 2023 [cited 2024 Sep 19]. Available from: <https://my.clevelandclinic.org/health/articles/14611-kegel-exercises> **2.** Kegel exercises. NIDDK [Internet]. 2024 [cited 2024 Jul 11]. Available from: <https://www.niddk.nih.gov/health-information/urologic-diseases/kegel-exercises> **3.** Pelvic exercises for men and women. Prevail [Internet]. [cited 2024 Oct 22]. Available from: <https://www.prevail.com/living-with-leakage/pelvic-exercises>

Disclaimer: This leaflet is intended for educational purposes only and NOT a substitute for medical advice. Please consult your doctor before any diagnostic procedures, medical or surgical treatments.