

Pelvic Floor Exercises

It is very important that you relax your belly muscles when you do these exercises. If you feel that they are tightening as you kegel, try and kegel (or squeeze) only half strength*

Quick Flicks: This set of Kegels is completed quickly. Squeeze like you are trying to stop a BM (Kegels) and then relax.

Repetitions: _____ Times Daily: _____

Regular Kegels: Start with a 10 second relaxation and then squeeze (Kegel) for a count of 10.

Repetitions: _____ Times Daily: _____

Roll in with Kegel: Sitting or lying down with a roll of toilet paper, or ball approximately that size, between your thighs, 2 to 3 inches above your knees. Start with 10 seconds of relaxation, then squeeze your knees in towards the roll as you Kegel for 10 seconds, then relax for 10 seconds.

Repetitions: _____ Times Daily: _____

Roll out with Kegel: Sitting or lying down with a roll of toilet paper, or ball approximately that size, between your thighs, 2 to 3 inches above your knees. Start with 10 seconds of relaxation, then squeeze your knees away from the roll, without letting the roll drop, as you Kegel for 10 seconds, then relax for 10 seconds.

Repetitions: _____ Times Daily: _____