

PELVIC FLOOR (KEGEL) EXERCISES

Your doctor has recommended that you do pelvic floor exercises to help your pelvic floor muscles become stronger.

These muscles help control your flow of urine (pee) and feces (poo). They also help to hold your pelvic organs (bladder, uterus, bowels, vagina) in place.

How to do pelvic floor exercises

Step 1. Find and feel the location of your pelvic floor muscles

- Imagine you're sitting on the toilet and peeing. Then imagine stopping the flow of your pee. The muscles you're using are the pelvic floor muscles. Another way to make sure you've got the right muscles is to insert your finger into your vagina while you try the exercise. You should feel the muscles tighten around your finger.

Step 2. Do the pelvic floor exercises

- Be in a comfortable position—lie down, sit or stand.
- Tighten your pelvic floor muscles. Make sure your stomach, thighs and bum are relaxed.
- Hold for 5 to 10 seconds. Repeat 10 to 15 times per session.
- Do the exercises at least 3 times every day.
- You can do the exercises while doing other things like sitting on the couch reading, cooking dinner or waiting in the line at the grocery store.

Do the exercises regularly. It can take 3 to 4 months before you see any improvement.

Several apps provide varied pelvic floor exercise routines and daily reminders to do them. These are available for free on the Apple Store and Google Play. Here are a few examples:

Kegel Trainer PFM Exercises

Easy Kegel

“The Source: Your guide to better bladder control” is a very detailed resource for information about incontinence and has some information on pelvic floor exercises (page 16).

Available at:

<https://www.canadiancontinence.ca/pdfs/The-Source.pdf>



Your doctor may suggest that you visit a pelvic health physiotherapist who can train you on the right way of doing pelvic floor exercises. The cost may not be covered by your provincial/territorial health plan. If you have private health insurance, check if your insurance company covers the cost.

Sources:

- 1) University Health Network. Pelvic Floor “Kegel” Exercises. 2017. Available at: https://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/Pelvic_Floor_Kegel_Exercises_for_women.pdf;
- 2) HealthLink BC. Kegel Exercises. 2018. <https://www.healthlinkbc.ca/health-topics/hw219322spec>.

