University Urology
The Experts in Urologic Care

Kegel Exercises
Kegel exercises are recommended for both women and men who experience any degree of urinary leakage. They are designed to strengthen th472 0 0 1282 0.502 r77/uf2 r77/uf2 r91 11e47 0 0

FINDING THE PELVIC MUSCLES

Tighten your rectum as if you are trying to control
passing gas or pinch off a stool. Do not tense the
muscles of your legs, buttocks or abdomen, and do
not hold your breath. You can also imagine you are
stopping the flow of urine. When men tighten the muscles, the penis will move up and down. If you are unsure you are using the proper muscles, or if your symptoms do not improve, ask your physician, nurse or therapist to help you identify the muscles.

HOW TO DO THE KEGEL EXERCISES

• Exercise is best done after emptying your bladder.

• Tighten the muscles and hold for 3 to 5 seconds. As your muscles get stronger, you should be able to tighten your muscles for 10 seconds or longer.
• Relax for 3 to 5 seconds or for as long as you tightened the muscles.

• Breathe normally.

• Do 5 to 7 exercises at a time, 3 times a day. Increase up to 15

• Do dayto