

KEGEL EXERCISES

A **Kegel exercise**, named after [Dr. Arnold Kegel](#), consists of contracting and relaxing the muscles that form part of the [pelvic floor](#) (which some people now colloquially call the "Kegel muscles").

The aim of Kegel exercises is to improve [muscle tone](#) by strengthening the [pubococcygeus muscles](#) of the [pelvic floor](#).

Advantages of Kegel exercises are :

- Kegel is a popular prescribed exercise for [pregnant](#) women to prepare the [pelvic floor](#) for physiological stresses of the later stages of [pregnancy](#) and vaginal [childbirth](#).
- Kegel exercises are said to be good for treating vaginal prolapse and preventing uterine prolapse in women .
- In men they say these are useful for treating [prostate](#) pain and swelling resulting from [benign prostatic hyperplasia](#)(BPH) and [prostatitis](#) in men.
- Kegel exercises may be beneficial in treating [urinary incontinence](#) in both men and women.
- Kegel exercises may also increase sexual gratification.

Sexual function

- Kegel workouts can provide men with stronger erections. Research published in 2005 issue of BJU International, have shown that pelvic floor exercises could help restore [erectile](#) function in men with [erectile dysfunction](#).
- There are said to be significant benefits for the problem of premature ejaculation from having more muscular control of the pelvis. It is also possible that strengthening the pelvic floor may allow some men to achieve a form of [orgasm](#) without allowing [ejaculation](#), and thereby perhaps reach multiple "climaxes" during sexual activity.
- In men, this exercise lifts up the [testicles](#), also strengthening the [cremaster muscle](#), as well as the [anal sphincter](#), as the anus is the main area contracted when a Kegel is done. This is because the pubococcygeus muscle begins around the anus and runs up to the urinary sphincter.

Learn and Find the right muscles

secret of doing kegel exercises is first to find the right muscles to contract and to contract in a right way.

To make sure you know how to contract your pelvic floor muscles take the following steps :

- Try to stop the flow of urine while you're going to the bathroom. If you succeed, you've got the basic move. This way you learn to contract the

urethral sphincter but don't repeat it too often with full bladder otherwise it would lead to backflow and urinary tract infection.

- For second part ,Insert a finger inside your vagina and try to squeeze the surrounding muscles. You should be able to feel your vagina tighten and your pelvic floor move upward. Then relax your muscles and feel your pelvic floor move down to the starting position. As your muscles become stronger — and you become more experienced with the exercises — this movement will be more pronounced.
- Contract your anal muscles as if holding onto process of defecation.

How To Perfect the Technique ?

Once you've identified your pelvic floor muscles, empty your bladder and sit or lie down. Then:

- Contract your pelvic floor muscles.
- Hold the contraction for three seconds then relax for three seconds.
- Repeat 10 times.
- Once you've perfected three-second muscle contractions, try it for four seconds at a time, alternating muscle contractions with a four-second rest period.
- Work up to keeping the muscles contracted for 10 seconds at a time, relaxing for 10 seconds between contractions.

To get the maximum benefit, focus on tightening only your pelvic floor muscles or isolating your pelvic floor muscles. Be careful not to flex the muscles in your abdomen, thighs or buttocks. Also, try not to hold your breath. Just relax, breathe freely and focus on tightening the muscles around your vagina and rectum.

Repeat three times a day

Perform a set of 10 Kegel exercises three times a day. The exercises will get easier the more often you do them. You might make a practice of fitting in a set every time you do a routine task, such as checking e-mail or commuting to work.

Vary your technique with one of these methods:

- **Try sets of mini-Kegels.** Count quickly to 10 or 20, contracting and relaxing your pelvic floor muscles each time you say a number.
- **Visualize an elevator.** Slow down the exercises, gradually contracting and releasing your pelvic floor muscles one at a time. As you contract, visualize an elevator traveling up four floors. At each floor, contract your muscles a little more until you reach maximum contraction at the fourth floor. Hold the contraction and then slowly release the tension as you visualize the elevator returning to the ground floor. Repeat 10 times.

Biofeedback training

- If you have trouble doing Kegel exercises, biofeedback training may help. In a biofeedback session, a nurse, therapist or technician will either insert a small

monitoring probe into your vagina or place adhesive electrodes on the skin outside your vagina or rectal area. When you contract your pelvic floor muscles, you'll see a measurement on a monitor that lets you know whether you've successfully contracted the right muscles. You'll also be able to see how long you hold the contraction.

- Another technique uses electrical stimulation to help you feel the muscles contract. The procedure is painless, although you'll experience a buzzing feeling as a small electrical current is applied to your pelvic floor muscles, making them contract. Once you feel this sensation a few times, you'll probably be able to duplicate the exercise on your own. Because simpler methods work for most women, this technique is rarely used.

How long to get the results ?

- If you do your Kegel exercises faithfully, you can expect to see some results, such as less frequent urine leakage, within about eight to 12 weeks. Your improvement may be dramatic — or, at the very least, you may keep your problems from worsening. As with other forms of physical activity, you need to make Kegel exercises a lifelong practice to reap lifelong rewards.

So kegel , kegel all the way ,and at all the times for a healthy and strong perineum !!