

Pelvic Floor Exercise (The Kegel Exercise) Activation Tips



PELVIC FLOOR (KEGEL) EXERCISE FOR MUSCLE ACTIVATION

- **Be specific about what muscles you are exercising.**
 - Because the muscles are inside your body, no one should be able to tell you are doing the exercises.
 - When you contract the pelvic floor, sometimes you will feel a slight deep tension in your lower belly. It is OK to use the deep belly muscles as long as you are not bearing down and straining with the exercise.
- **Don't give up if it feels hard to do.** Keep sending messages to the all the muscles work. It takes time to activate weak muscles.
- **Try some feedback to help your exercise performance.** Use a mirror to see, or a finger to feel if the muscles are contracting around the vagina and anus.
- **Pelvic floor strengthening exercises should not hurt.** If you have pain while performing the contraction stop doing the exercise. Consult your health care provider and consider trying releasing exercises or reverse Kegel techniques.

| Pelvic Floor Activation Exercise- Kegel | | |
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| Find these muscles to start this exercise | How do I complete this exercise? | Specific dosage |
| <p>Surface Muscles</p> <p>©2014 Kathe Wallace, PT <i>Kathe Wallace</i></p> | <p>The surface muscles close the openings. These muscles close the vaginal lips, nod the clitoris, shut off the urine flow and “wink” the anus.</p> | <p>Positioning for exercise is started in lying or hands and knees position. Progress to sitting and standing.</p> |
| <p>Deep Muscles</p> <p>©2014 Kathe Wallace, PT <i>Kathe Wallace</i></p> | <p>Lift the deep internal muscles up and in. Imagine you are bringing the anus towards the pubic bone and lifting the entire floor from the back to the front (like an elevator ascending upward).</p> | <p>The long-term goal is 24-30 repetitions per day holding each exercise for 10 seconds.</p> <p>Also incorporate a precontraction of the pelvic floor with your other daily exercises.</p> |