

Kegel Exercises

Kegel exercises strengthen the muscles around the vagina, urethra and rectum, and improve your ability to control them. You can locate these muscles by stopping and starting your urine when you use the toilet. How to practice Kegel exercises:

- Tighten and release the muscles very gradually. As you tighten, think of an elevator going slowly up to the 10th floor; then release very slowly, one “floor” at a time.
- As you tighten the muscles, you should feel the area from the urethra (where urine exits the body) to the rectum lift slightly.
- Practice while you sit, stand, walk, drive or watch TV.
- Begin with five repetitions, three times each day.

Work up to 10 to 15 repetitions, five to 10 times a day.



LEHIGH VALLEY HOSPITAL
Cedar Crest & I-78, Allentown
17th & Chew Streets, Allentown

LEHIGH VALLEY HOSPITAL—
MUHLENBERG
Route 22 & Schoenersville Road
Bethlehem

lvh.org
610-402-CARE

For more information
or for a physician referral,
call 610-402-CARE