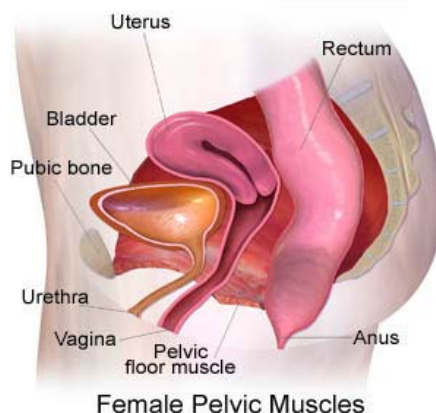




# Indiana University Health

## KEGAL EXERCISES



What are Kegel Exercises?- Pelvic floor exercises which are frequently used to strengthen those muscles that control bowel and bladder function.

Locating the right muscles- Women can do this by inserting a finger into the vagina. Next, squeeze the surrounding muscles. This should result in vaginal and anal tightening and movement of the pelvic floor upward. Both men and women can also try placing a finger on the perineum (the area between the vagina/penis and the rectum) to feel for an external contraction. Then relax these muscles and feel your pelvic floor return to the starting position.

The technique- Contract muscles of the anal sphincters and the pelvic floor as tightly as possible; hold for 5 seconds, then relax. In addition, each time you feel distention of the rectum, you should contract the anal sphincter muscles. Perform these exercises on the schedule below.

- 1st Day - Contract sphincters 5 times, 10 times daily.
- 3rd Day - Contract sphincters 8 times, 10 times daily.
- 5th Day - Contract sphincters 10 times, 10 times daily.
- 7th Day - Contract sphincters 15 times, 10 times daily.
- 10th Day - Contract sphincters 20 times, 10 times daily.
- 14th Day - Contract sphincters 25 times, 10 times daily.

- It is a good idea to fit these exercises in while you do routine tasks like preparing meals, checking email or during TV commercial breaks.
- Remember, it is the repetition of these exercises which increases muscle strength.
- For best results, focus on tightening only your pelvic muscles. Be careful not to flex the muscles in your abdomen, thighs or buttocks. Avoid holding your breath. Instead breath freely during exercise.

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