

McLaren Print System Order

Order No: 7867
 Order Date: 2014-12-29
 User: Denise Turner
 Phone: 810 342-1711

Ship Location: Denise Turner
 1314 S. Linden Rd., Suite C
 Flint, MI 48532

Forms
 Quantity: 500
 Paragon Dept No: 63550
 Dept Name: McLaren-Flint Community Medical Center
 Company Number: 810

Order Total Price: 0.00

Item Number: M-2015
 Item Description: Kegel Exercises
 Revision Date: 11/2012
 Print: 1 sided black and white
 Paper: 20# White Text
 Size: 8.5 x 11
 Fold:
 Finish:
 Drill: None
 Misc Info:



Kegel Exercises

The Kegel exercises (pronounced kee-jull) are designed to restore or improve muscle tone and increase your control over the pelvic floor muscles.

The muscles of the pelvic floor can be pictured as a sling that attaches to the pubic bone in front and the tailbone in back. Part of this group of muscles, the sphincter, forms a figure-eight around the urethra and vagina in front and the anus toward the back. See illustration. Voluntary control of the pelvic floor can be achieved by exercise. Kegel exercises reduce or eliminate problems which could otherwise result from stretching during childbirth and the aging process. These problems include prolapsed (sagging) uterus, a prolapsed bladder, and possible urinary stress incontinence (an uncontrolled leaking of urine with sudden movement, like coughing or sneezing). By contracting the muscles of the pelvic floor, you are shortening the muscle fibers that have been stretched, thus aiding their restoration.

An added bonus which you will receive with the continued practice of Kegels is an increased sensitivity in the vagina during sexual intercourse. With improved muscle tone, the vagina becomes more snug, and the response from the nerve endings (beneath the vaginal walls) is improved. The benefits, then, of Kegel exercises are not limited to the period of birth, but extend throughout your life.

Your first step in exercising the pelvic floor is to locate the muscles. To do this, contract the muscles around the urethra as if you are trying to hold back the flow of urine. Then, try urinating when your bladder is not full, stopping and starting the flow of urine several times, progressively allowing a smaller amount of urine to escape each time. Be aware that stopping the flow tightens the pelvic floor while releasing the flow relaxes the pelvic floor.

Another way of checking for pelvic floor tension and relaxation is to tighten the muscles of the vagina around the penis during sexual intercourse. Your partner can give you feedback on the effectiveness of this exercise.

Once you achieve awareness of the pelvic floor muscles, you should discontinue practice during urination. Now contract and release pelvic floor muscles quickly and forcefully, starting with ten per session, five times a day, increasing to ten sessions per day. Hint: Use an everyday activity such as washing dishes or dropping a red light to remind yourself to do a series of Kegels.

The elevator exercise is done by imagining the pelvic floor as an elevator. Contract the muscles upward, from the first floor to the fifth floor, stopping at each floor and getting tighter as you go higher. Then, release downward, releasing tension (letting people off) at each floor, from the fifth to the first.

The next step in learning control over the pelvic floor muscles is to relax them completely to a baseline level by giving them a slight push. This is the degree of relaxation you need to achieve while pushing a baby down the birth canal. Practice this with your bladder empty. Always return to the second level to maintain a constant degree of tension, just as a hammock returns to a higher position when you get up.

The final Kegel exercise is designed to develop elasticity of the pelvic floor muscles. Sit on a low stool or chair with your knees apart, lean forward and rest your elbows on your knees. Begin by moving the muscles around the urethra, from the vagina and backward to the anus in a sawtooth pattern. Release in the opposite direction.

All of these exercises should be done for the rest of your life to maintain optimum muscular condition of the pelvic floor.

Daily Practice Routine

1. Flexile and quickly contract and release pelvic floor muscles 12 times a session, 5-10 times daily.
2. Elevator exercise: Walk up to 5th floor. Do slowly, 3 times a session, at least 3 times a day.
3. Add baseline level to elevator.
4. Down from floor to back, then release back to

