

Baritz Wellness Center, PC

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Kegel Exercises

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The muscle that supports the vagina, the pubococcygeal (PC) muscle, may become lax with age as well as with childbirth. You can strengthen your PC muscle with Kegel exercises. To learn how to perform Kegels, sit on the toilet, legs spread. Begin to urinate, then squeeze your pelvic-floor muscle to stop the flow of urine. You have now identified the PC muscle and can squeeze and release it anytime.

“When properly and consistently done, these exercises have been found to help up to 75% of women overcome their SUI (Stress Urinary Incontinence) problem. Unfortunately, the vast majority of women who are told to do Kegel’s exercises are not instructed in how to do them properly, and that’s why so many women (and their doctors) don’t think they work.”¹ Kegel’s exercises will not work if you contract the abdominal, thigh or buttock muscles at the same time.

1. Begin by relaxing to a count of 5.
2. Squeeze the PC muscle for a count of 3, relax for a count of 5 and repeat
3. Gradually work up to holding for a count of 10.
4. Do five sets, three times per day and keep at it.
5. Results are usually noticeable in two to three months and include better sex.
6. Exercises need to be performed regularly to maintain the beneficial effect.

Alternative Kegel Technique

An even easier way to do Kegel’s exercises, is based on an ancient Chinese technique. This technique involves inserting a weighted cone into the vagina and simply holding the cone in place, two times a day. Sources to obtain the weighted vaginal cones:

Fem Tone Weights

www.shopinprivate.com/femvagweigtr.html

Kegel Weights

www.kegelweights.com/index.html

1) Northrup, Chrisitane MD *Women’s Bodies, Women’s Wisdom; Creating Physical & Emotional Health & Healing* Bantam Books, (1998) pg 322
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