

## **Instructions for Doing Kegel Exercises**

You can do these exercises in any position – lying down, sitting, or standing. Your legs should be slightly apart. Tighten and then release the muscles around the vagina. Work up to doing this one hundred or more times a day. (Please note that twenty times five, or ten times ten will be more effective and less tiring than one hundred times without stopping.)

### **Kegel Exercise #1**

Here are two techniques to help you get the feel of this exercise.

1. Place your hand over your pubic bone. Imagine you are trying to contract your vaginal muscles as far up as your hand.
2. Try this exercise while urinating. If you can start and stop the flow of urine at will, you've got it.

### **Kegel Exercise #2**

Tighten and release the vaginal muscles as in Kegel exercise #1. This time, however, you will do it more slowly. Tighten the muscles slowly as you count to six (or time yourself using a clock with a second hand). Then slowly relax to a count of four. Then tighten and hold again for six seconds. Relax for four. Begin with a minute. Work up to five minutes at a time, several times a day. Breathe normally as you do this exercise. Resist the temptation to hold your breath as you count.