



AUSTIN UROGYNECOLOGY

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Kegel Exercises

Kegel exercises strengthen the pelvic floor muscles and can be done to help treat urinary incontinence.

1. To identify the proper muscle to improve muscle control we suggest you insert a finger in the vagina and squeeze your finger. Once you have identified the correct muscle, you can do the exercises at any time during the day.
2. The muscles that contract around your finger are the pelvic floor muscles. The abdomen, thighs, and buttocks should remain relaxed while doing the exercises.
3. You should be able to tighten the pelvic floor muscles and hold it for 3 seconds. Perform one set of 10 contractions five times a day.
4. Increase the number of sets of contractions weekly. It helps to work the exercises into a daily routine such as driving or watching T.V. To achieve better muscle control these exercises should be tried for several weeks.