PERINEAL STRENGTHENING EXERCISES

1. **Gluteal sets**: to be performed standing, sitting, or lying down. Pinch buttocks tightly together. Hold three seconds, then relax. Perform at least 30 per day.

2. **Anal winks**: push anal sphincter tight as if trying to stop a bowel movement. Hold 30 seconds, then relax. Do at least 30 per day.

3. **Do not sit** for more than one half hour at a time without getting up for a short walk. This is to relieve pressure and promote circulation.

4. **Progressive walking where indicated**. Start with 10 minutes and progress by 3 minutes every other day. This could be in the home or outside, speed makes no difference. This is to promote circulation and strengthen the lower extremities.

5. **Kegel exercises**: Most will benefit from doing pelvic floor muscle exercise such as the Kegel to improve urinary/stool leaking. Improving the strength of this muscle group will also help you hold your urine when you have a strong urge to urinate. To find the correct muscle, sit on the toilet and begin to urinate and then stop the urine flow. The muscles you use to stop the urine flow are the ones you want to strengthen. Finish urinating. Squeeze these muscles only to find the correct muscle group. When you squeeze these pelvic floor muscles, you need to keep your stomach, leg and buttocks muscles relaxed. You may need to consult your health care provider to make sure you are doing them correctly.

There are many ways to do pelvic floor exercises.

- The key is to do the exercises correctly and do them regularly!
- Do not do too many too soon because the muscles may get tired and work less effectively.
- Just like any exercise program, the benefits continue only as long as you continue to do the exercises. It may take as long as three months to notice an improvement in your ability to control urinary leaking and flow.

**Type A Kegel exercise:**

Tighten the pelvic floor muscles as tightly as possible while you count of five and then relax to the count of five. Repeat 30 times a day: 3 sets of 10, or 2 sets of 15.

As your pelvic floor strength improves, you may squeeze to the count of ten and then relax to the count of ten. Repeat 30 times a day: 3 sets of 10, or 2 sets of 15.

**Type B Kegel exercise:**

Quickly tighten the pelvic floor muscles as tightly as possible and quickly relax.

Repeat 25 - 50 times a day: 2 to 5 sets of 10.