



Wake Forest University Baptist  
**MEDICAL CENTER**®

*Urology*

## Pelvic Floor Muscle Exercises

More commonly call “Kegel” exercises; they can strengthen the muscles that hold urine inside the bladder. Here’s how you do them:

- Imagine that you are trying to control passing gas
- Pull in or tighten your pelvic muscles and hold for a count of 3 (you should feel a lifting sensation in the area around your vagina or pulling in of your rectum)
- Then completely relax the muscle for a count of 3 (it is important to control both the tightening and relaxing of the muscle)
- Repeat 10 to 15 times, at least 3 times a day
- Each time you do these exercises, alternate your position between lying, sitting, and standing

Talk to your health care professional to make sure you are doing the exercises the right way.