

Whole Body

THE POSTPARTUM PROJECT

Kegels

Purpose: to strengthen and re-train the pelvic floor.

Start lying on your back with your knees bent up. Take a deep breath in, as you breathe out, lift your pelvic floor towards your nose. If you are not sure how to do this follow some of the cues below:

- Imagine you are trying to hold back gas
- Imagine you are trying to stop the flow of urine
- Imagine you are lifting a pea up with your vagina
- Imagine bringing your sit bones together

If you are performing this exercise correctly, you should not see movement of your bottom muscles or legs.

Try to hold for 10 seconds. Do 10 times.

Also, try to contract quickly 10 times in a row holding for 2 seconds, making sure you relax all the way between contractions.



****Do not do this exercise while urinating. Doing so can cause urine to move up into your urethra and cause a UTI. This also trains the pelvic floor to contract when it should be relaxing which contributes to many pelvic floor issues**

****This exercise is not prescribed. It is intended to be educational and is not a substitute for an exam by a physical therapist. If you would like a prescribed program based on your individual needs, we can be reached at:**

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