

# GOSHEN HEALING CENTER

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## KEGELS

(Pelvic Floor Exercises)

For Pelvic Stabilization, Natural Childbirth, Improved Bladder Control

### INDICATIONS:

1. Loss of urine with sneezing, coughing or laughing.
2. Loss of urine when the bladder is full.
3. Bulging of anterior vaginal wall (your OB/GYN can discover this during your pelvic exam).
4. Lack of sexual appreciation.
5. Preparation for natural childbirth.

### NAME OF MUSCLE INVOLVED:

Pubococcygeus is the name of the muscle. Normally, this is the largest and strongest muscle in the female pelvis. It gives off fibers which insert into the musculature of the urethra, middle third of the vagina, rectum, and helps cradle the uterus. It is the "pelvic floor" and provides major support for the bladder and other pelvic organs.

### HOW TO DO THE "ELEVATOR EXERCISE" OR KEGELS EXERCISE:

Imagine the vagina is an elevator shaft. (This is the mental image to enable you to tighten the muscle). There are five floors. "Squeeze" the vagina up to the first floor. Hold for a count of five; then let the "elevator" go back down. Squeeze the vagina up to the second floor. Hold for a count of five; then let the "elevator" back down. Continue doing this for each floor until you have done the exercise five times or squeezed the vagina up to five floors. This equals one set. \* Do twenty sets a day.

----- 5

----- 4

----- 3 \*Five Floors = One Set

----- 2

----- 1

This exercise can and should be done in any posture i.e. standing, sitting, lying down, driving, etc.

### OTHER WAYS TO RE-EDUCATE AND EXERCISE THIS IMPORTANT MUSCLE ARE :

1. Draw up or "draw-in" the perineum. (the small area between the anus and the vagina).
2. Contract or draw up the rectum, as though checking a bowel movement.
3. Contract the muscle when urinating, as though to stop the flow of urine.
4. Visualize uterus upright and cradled by muscles. Tighten and relax these.

### REMEMBER:

1. When you do the exercise, be sure to hold each "floor" for a count of five.
2. Do not do the exercise unless you are sure you will complete one set (five floors).
3. Muscle strength and tone can be restored with consistent muscle re-education and resistive exercise.
4. The great thing about this exercise is that after you become familiar with it, **it can be done anytime**. No one can see you exercising this internal muscle.
5. **Never** use your stomach, legs or buttock muscles. Place your hand on your abdomen while you are squeezing your pelvic-floor muscle. If you feel your abdomen move, then you are also using these muscles.
6. Build strength slowly; don't expect results right away.

This information compiled from Planned Parenthood of Orange/Sullivan, Inc. and Johnson & Johnson