

Pelvic Muscle Exercises

When you first start doing these exercises, find a quiet place to relax. This helps you exercise the correct muscles. It may take some time to get the right muscles.

Try not to tighten your abdominal and buttocks muscles.
✗Do not hold your breath.

To locate the muscles, it is best to sit down. Try to squeeze the muscles that prevent you from passing rectal gas.

After you get used to doing these exercises, you can do them any time, any place, in any position.

To do 1 pelvic muscle exercise, follow these steps:

1. Squeeze your pelvic muscles.
2. Hold and count slowly . . . 1 and 2 and 3 and
3. Relax and count slowly . . . 1 and 2 and 3
4. You can do these while lying, sitting, or standing.

You must relax your muscles for the same amount of time.

- 10 exercises are called **1 set**.
- **Do 1 set 5 times a day.**
- As you get better at doing these exercises, you can count to 5 and then relax while you count to 5.