



Reverse Kegels

Many women learn Kegel exercises during pregnancy to help prevent leakage of urine after delivery.

- The Kegel exercise involves squeezing the pelvic floor muscles, holding them tight for 10 seconds, and then letting go.
- The goal of a Kegel is to strengthen the muscles in the vaginal area.

In some cases, the pelvic floor muscles are too tight, or in spasm. This can cause bladder and constipation problems, and pain with intercourse. In this case, we recommend “reverse” Kegels. A reverse Kegel teaches the pelvic muscles to relax. You can identify the Kegel muscles by squeezing your muscles as if trying to hold back a bowel movement or prevent yourself from passing gas.

- Squeeze the muscle for one second, then exhale and relax the muscle, counting to 10 slowly before you contract again.
- Do about 30 repetitions per day, but not all out once.
- Most women choose to do 10 contractions three times a day.