

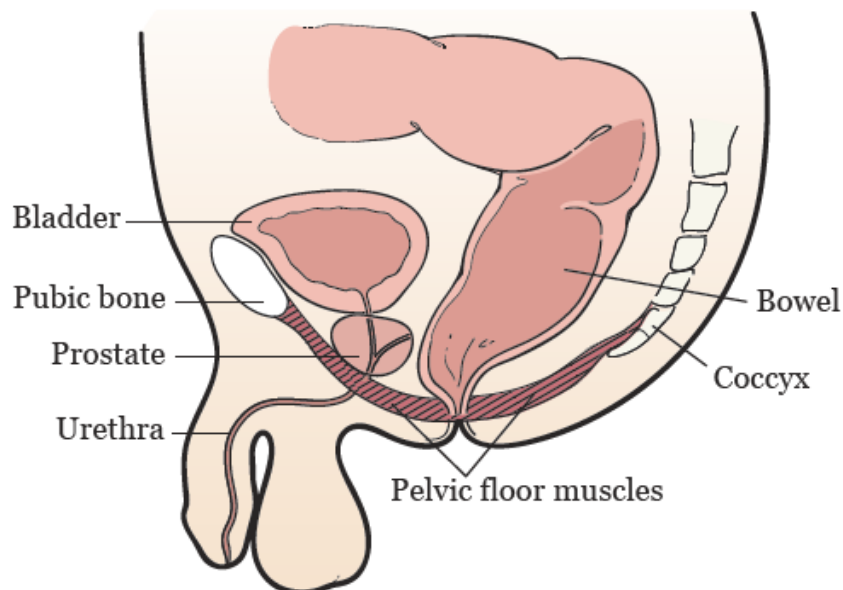
Kegel Exercises for Men

General Information:

What are Kegel exercises?

Kegel exercises help strengthen your pelvic muscles. Pelvic muscles hold your pelvic organs, such as your bladder, in place. These exercises help prevent or control problems with urine incontinence (leakage).

About Your Pelvic Floor Muscles



How will I know I am using the correct muscles?

When you urinate, stop and start the flow of urine several times. You will become familiar with how it feels to tighten and relax your pelvic muscles. Once you are used to Kegel exercises, you can do them at any time.

How are Kegel exercises done?

- Tighten your pelvic muscles slowly. It may feel like you are trying to hold back urine or gas. Hold these muscles 10 seconds. Relax, tighten them quickly, and release. Repeat the cycle for 10 sets.
- Do 10 sets of Kegel exercises, 5 times a day. Do not hold your breath when you do Kegel exercises. Keep your stomach, back and leg muscles relaxed.

What else should I know about Kegel exercises?

- Your pelvic muscles may be weak when you first start to do Kegel exercises. Try to tighten and hold your pelvic muscles for 5 seconds, instead of 10. Increase to 10 seconds as you get stronger.
- You may notice improved strength in 2 weeks.
- Get in the habit of tightening your pelvic muscles before you sneeze, cough, or lift to prevent urine leakage.
- Feel free to contact the Urology clinical staff if you have any question about how to do Kegel exercises, or if you continue to have urine leakage.

Care Agreement:

You have the right to help plan your care. Learn about your health condition and how it may be treated. Discuss treatment options with your caregivers to decide what care you want to receive. You always have the right to refuse treatment.

Questions and Comments:
