How to do Kegel Exercises

Here is the Kegel exercise routine as developed at Beth Israel Hospital in Boston*

1. While standing, squeeze the pelvic muscles and hold for up to 10 seconds. This is the squeezing you do to stop urination – a tightening up of the buttocks and anus. Remember to breathe while squeezing. It may help to count out loud.

2. Relax for a count of 10.

3. Repeat as often as you can, up to 15 times, until you are tired or unable to keep squeezing for the full 10 seconds.

4. Relax for a minute or so.

5. Do a short-cycle exercise. Squeeze for one second, then relax for a second. Repeat that 10 times, then rests for a moment.

6. Repeat the short-cycle pattern 10 times.

7. Do the exercises as often as your doctor allows. Exercise only the pelvic muscles. There is no benefit in tensing up other muscles during the routine.

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6 cycles per day = totaling 60 minutes (1 hour)

1 cycle = 10 short repetitions + 10 long repetitions with equivalent relaxation period.

1 cycle should take 10 minutes to complete.

**Taken from the American Cancer Society's Informed Decisions: The Complete Book of Cancer Diagnosis, Treatment and Recovery.*