

KEGEL EXERCISES

For Stress Urinary Incontinence

Urinary leakage has many causes, but the most common is due to an anatomic weakness of the muscles that surround the bladder neck. These exercises are very effective. By doing Kegel's, women can often avoid surgical repair of these weak or loose structures.

Kegel exercises are simple and quick exercises that you can do anytime, anywhere with no equipment and no cost! By strengthening the Pelvic Floor Muscles, you are increasing the tone of the surrounding structures of the bladder neck, thereby preventing urine leakage of an anatomic support nature.

Like any exercise, you must be patient, and consistent to see any benefit. Most women notice some improvement after only a month. We recommend performing at least

100

contractions per day. An easy way to accomplish this goal is to do 20 or so, every time that you are in the bathroom. It's a good reminder location, and it is worth those few extra seconds of your time.

Remember to use only your vaginal muscles, not your abdominal or buttock regions. Isolate them, and contract inwards and upwards as long or as strong as you can.

Please call 603-516-0000 or email drterri@bestgyn.com if you have any questions or problems.

GOOD LUCK!!!

IT'S WORTH THE EFFORT!