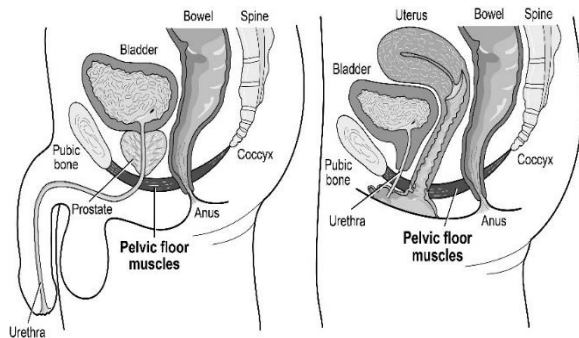


Pelvic Kegel Exercises

The purpose of Kegel exercises is to strengthen the anal sphincter muscles. The sphincter muscles help you control your bowel movements.

To find your anal sphincter muscles, pretend you are trying to stop a bowel movement. When squeezing these muscles, you should have a pulling feeling, these are the correct muscles for pelvic exercises.



Steps

1. Tighten and squeeze your sphincter muscles as if you are trying to stop a bowel movement.
2. While squeezing your muscles, hold them tightly for 10 seconds.
3. Then relax for 10 seconds.
4. Repeat 6-10 times a day.

You can do these exercises at any time during the day. You can do them when you are sitting, standing, or lying down.

Tips

- **Do not** hold your breath.
- **Do not** push down. Squeeze your muscles together tightly and imagine that you are trying to lift the muscle up.
- **Do not** tighten the muscles in your stomach, buttocks, or legs.
- **Relax** between each squeeze.

Follow-Up

Starting exercises before surgery is helpful. Right after surgery your tissues and muscles need time to heal. When the healing has started, you can resume these exercises.

At your clinic visit after surgery, your doctor will tell you when to resume these exercises. In most cases, it will be about three weeks after your surgery. If you have any questions, please let us know or call our clinic during business hours.

Who to Call

Digestive Health Center
Monday – Friday, 8 am – 5 pm
(608) 242-2800 or (855) 342-9900

After hours, weekends or holidays this number will be answered by the paging operator. Ask for the doctor on call for Dr. _____. Leave your name and phone number with area code. The doctor will call you back.