

Perineal Exercises

Perineal exercises, or exercises designed to strengthen and tone the pelvic floor, are important for all women. They are especially important for new mothers because during any obstetrical deliveries, the muscles of the perineum are injured by stretching and tearing. The best way to restore function of such injured muscles is to strengthen them with repeated exercise.

Also known as Kegels, perineal exercises are easy to do and can be done in any position. You need to concentrate on correct breathing and working with a set of muscles that may be unfamiliar to you. The two sets of muscles involved in perineal exercises are those that form a ring around the anus and another set around the vagina and urethra.

Procedures

- 1) Tighten the muscles around the vagina and urethra as if to stop urine midstream. As you do this, hold the muscles for a count of 10, then relax. Repeat the exercise at least 20 times, three to four times per day.
- 2) Another exercise which is useful, is to tighten the muscles around the bladder during urination and alternate starting and stopping a stream of urine.

Benefits

Women who conscientiously carry out these exercises usually find that they develop better control of their bladder and bowels. This exercise also helps to tone and tighten the vaginal muscles for increased sensation during sexual intercourse. In addition, faithful performance of the exercises may prevent more serious problems later in life, such as some types of incontinence of urine or bowel movements.