

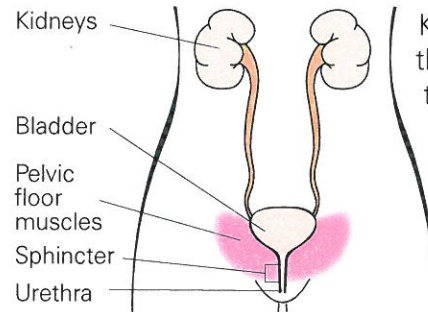
Prevail Adult Incontinence Products

Kegel Exercises for Women

What are they and why are they beneficial?

Kegels exercises strengthen your pelvic floor muscles that support you bladder and help close your urethra. The pelvic muscles control leakage and manage sudden urges. Strong muscles give you more time to go to the bathroom.

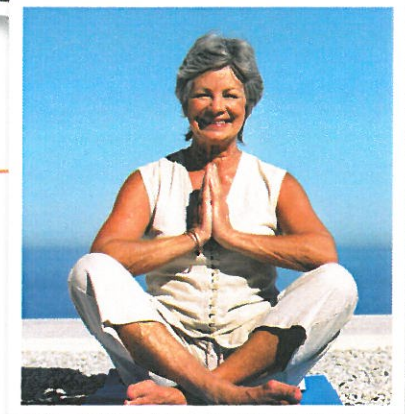
Female Urinary System: How it works and how Kegels help.



Kidneys produce urine that travels via the Ureters to the Bladder. There is a sphincter muscle surrounding the exit of the bladder (the Urethra). Childbirth, menopause, and obesity can interfere with the normal function of the bladder and sphincter. Kegel exercises strengthen muscles that support the sphincter. This helps to keep the bladder closed while it fills.

How to Strengthen Muscles with Kegel Exercises:

- Practice starting and stopping your urine stream while urinating so that you can identify which muscles you will use for this exercise.
- When you are not urinating, tighten these muscles and hold the contraction for a count of four. Do this 10 – 20 times, and allow muscles to relax completely in between.
- Repeat this exercise ten times per day.
- It may take faithful repetition for two to three months before improvements are experienced.



Patience is needed to build muscle strength. The results are worth the effort!