



## Are you doing your Kegels correctly?

Most women think they are doing their Kegels, but a faulty technique can be a setback to progress. Here are some tips:

- Sitting up nice and tall on a firm chair, do a little side to side move so you can feel your sit bones underneath you
- The next step is to relax! Take a deep breath in and as you exhale, let your lower tummy and the muscles of your PF relax and soften
- Now take a deep breath in – as you exhale, imagine you are closing the openings to your pelvic floor – stopping gas escaping or halting the flow of urine. Keep breathing and lift your PF up and in.
- Count to five out loud (to help you remember not to hold your breath!) then let everything relax.
- Congratulations! You have just done an effective exercise to strengthen and restore your pelvic floor!
- Repetitions: \_\_\_\_

