

FACT OR FICTION: KEGELS




DEBUNKING MYTHS FOR BETTER PELVIC HEALTH

KEGELS

Kegels are exercises designed to strengthen the pelvic floor muscles, which support the bladder, uterus (in women), and rectum. These exercises involve repeatedly contracting and relaxing the muscles that form part of the pelvic floor. Kegels can be done by identifying the correct muscles, usually the same muscles you would use to stop urination midstream, or hold in gas.

Take the Next Step
Toward Pelvic Health –
Contact FYZICAL
Therapy & Balance
Centers of Oklahoma
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MYTH #1

Kegels are only for women.

While women are the most common patients of pelvic floor PT, men and children can benefit from doing Kegels under the care of a trained pelvic floor physical therapist.

MYTH #2

You should do Kegels as often as possible.

While consistency is important, overdoing Kegels can lead to muscle fatigue or even worsen pelvic floor issues, especially if not done correctly. It's crucial to have a balanced approach guided by a professional.

MYTH #3

Kegels are ineffective; they don't do anything for me.

Kegels are highly evidence-based and effective in treating a range of pelvic floor issues. Many people benefit from Kegels; often, those who aren't benefiting from Kegels haven't been taught to do them properly.

MYTH #4

Kegels solve all pelvic floor issues. Just go Kegel.

Kegels are beneficial for many patients, but they are not the solution for everyone. Kegels can make some pelvic floor issues worse (including pelvic pain, and some types of incontinence). A diagnosis, alone, won't tell you whether Kegels will be effective, which is why it is so important to consult a pelvic floor PT.

MYTH #5

Kegels are easy to do on your own.

You may be capable of doing Kegels without cueing or prompts, but many patients come to us without the ability to complete the cycle of contracting and relaxing necessary for a Kegel. Even patients who are incredible athletes or very in tune with their bodies often need help identifying the muscles for a Kegel.

MYTH #6

Try Kegels before speaking with your Pelvic Floor Physical Therapist.

While Kegels can be beneficial, they are not a cure-all. Some conditions require a comprehensive approach, including other types of exercises, manual therapy, and lifestyle modifications. Schedule an appointment with your pelvic floor physical therapist at FYZICAL to get the most from your pelvic floor routine.



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