



MEDICAL MOMENTS by



Your 10-Second Workout

Pelvic Floor Muscle Exercises, or “Kegels,” may be the most important exercise you’re not doing right now. Maybe you’ve heard the term “Kegel,” maybe you’ve even tried them once or twice, but you’re not really sure what they are or why you should do them. Your Pelvic Floor Muscles are considered the foundation for your core. They play a role in

- Walking, Running, & Dancing
- Control over your Bladder and Bowel
- Sexual Functioning

Your Pelvic Floor Muscles can be strained by heavy lifting, straining on the toilet, high impact exercise, age, obesity, and especially pregnancy and child birth. But just like the rest of your core, or any other muscle, you can strengthen the muscles of your pelvic floor. There are 2 primary exercises that constitute proper Kegels

- 1) Sustained Kegels: A sustained Kegel consists of a pelvic floor muscle contraction that is held for 10 seconds before being fully released. A healthy pelvic floor should be able to do a set of 10 sustained Kegels, but you might have to start with a shorter duration and work your way to a full 10 seconds.
- 2) Quick Flicks: Quick flicks consist of 10 rapid cycles of contraction and relaxation of your pelvic floor muscles. You should complete all 10 cycles in 10 seconds.

Proper coordination of breathing and limiting contraction of other muscles is key to getting the most out of your 10 second workout.

Kegel Quick Reference

1. Sustained Kegels
10-second contractions
10x
2. Quick Flicks
1-second contraction &
relaxation cycles 10x
3. Coordinate Breathing
4. Do not engage your
glutes
5. Consult a Physical
Therapist

Love Your Life!®

For more information about FYZICAL visit:
www.FYZICAL.com/Oklahoma-City

You Can Also Reach Us By Phone (405) 400-8909 or Fax (405) 400-8949