



## **Sexual Dysfunction Association**

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## **Kegal exercises**

**The value and effectiveness of Kegal exercises (pelvic floor exercises) should not be underestimated when considering the management of sexual problems such as impotence, premature ejaculation and female sexual dysfunction.**

### **Why should I exercise my pelvic floor muscles?**

The exercises are thought to strengthen the muscles that surround the penis, improve the blood supply in the pelvis and enhance orgasmic sensations by strengthening the pelvic muscles that produce ejaculation by their contraction. Doing the exercises may also increase awareness of sexual sensations and enhance enjoyment.

### **How do I know which muscles to exercise?**

The pelvic floor is a hammock of muscles supporting the bowel and bladder in the abdomen. There are two simple methods of getting in touch with these muscles. The first is to stop yourself from passing wind from the bowel. The muscles you need to squeeze to do this are the ones that will be used in the exercise. The second way is to try to imagine that you are urinating and try to stop the flow. The same group of muscles comes into play each time. Once you have identified the muscles, the exercises can be carried out.

### **How do I do the exercises?**

1. Stand, sit or lie with your knees slightly apart. Start by slowly squeezing and releasing the muscles fifteen times. If possible, try to hold each contraction (or squeeze) for five seconds. Introduce fast exercises by doing the exercise the same way but instead of holding the contraction for five seconds, let go immediately so that you can feel a quick lift in your pelvic floor.
2. Once you have mastered the technique, try combining the fast and slow exercises.
3. It may take a few days to co-ordinate squeezing the correct muscle group, but with practise, the exercise may be carried out anywhere for example while watching TV, or doing the washing up.
4. Kegal exercises should be carried out daily, gradually increasing the number throughout the day. Results may not be noticeable for at least three to six months or more but are well worth persevering with, as the benefits will become apparent.

## **Who can do these exercises?**

Men and women can benefit from these exercises. Kegal exercises for men and women can:

- ?? Tighten vaginal muscles and muscles that surround the penis – a plus for both partners.
- ?? Increase blood circulation for greater sensitivity.
- ?? Heighten muscle control and movement during sexual intercourse.
- ?? Improve orgasmic potential.
- ?? Maintain bladder control and bowel control.

## **Maintenance programme**

Get into a routine – there are certain things you do everyday, incorporate the exercises into your everyday life. Have fun doing them – variety is the spice of life.

## **An invitation**

..... to enrol as a friend of The Sexual Dysfunction Association. For a small annual subscription you will know that you are contributing to a charity that helps overcome the problems of male and female sexual dysfunction. If you are interested please telephone or write for an application form or complete our on-line registration form.

