These exercises strengthen your urinary and pelvic floor muscles. To correctly perform them:

- Imagine a marble at the vaginal and/or rectal opening. Try to pull “this marble” into your body.
- Pretend that you are trying to stop the flow of urine.
- Do not squeeze your buttocks, thighs, or abdominal muscles.
- Do not hold your breath. Breathe normally.

Your therapist will instruct you in the type and number of pelvic floor muscle exercises to perform each day.

- **Holding Kegels**
  - Perform a pelvic floor muscle contraction as above and hold _______ seconds.
  - Relax _______ seconds.
  - Repeat _______ times.
  - Do _______ sets each day.

- **Quick Kegels**
  - Do _______ quick Kegels (1 second holds).
  - Rest _______ seconds.
  - Repeat _______ sets per day.

- **Compound Kegels**
  - Start with a Holding Kegel for _______ seconds.
  - Do _______ quick Kegels on top of the holding Kegel.
  - Perform _______ times per day.

- **Cough Contraction**
  - Perform the pelvic floor muscle contraction and practice coughing.
  - Perform _______ times per day

Perform your pelvic floor muscle home exercise program in these positions:

- □ Lying
- □ Sitting
- □ Standing