

# KEGEL EXERCISES – DR. SHAH



## WHAT ARE KEGEL EXERCISES?

Exercises which help strengthen the muscles for urine control (the sphincter).

## WHY SHOULD I PERFORM KEGEL EXERCISES?

Performance of Kegel exercises after robotic prostatectomy will help you to regain urine control quicker. Please keep in mind, that even with the Kegels, it may still take as long as 6 months to 1 year for you to regain total urinary control.

## WHEN DO I START AND HOW OFTEN?

It is helpful to start performing Kegels 1-2 weeks prior to surgery. You should perform this exercise >30 times a day – when you are sitting, watching TV, at the computer, or driving. You should resume Kegel exercises once the catheter has been removed. Each time you do it, contract the muscles for 10 seconds, and then relax for 10 seconds.

After 2-3 weeks of practicing the Kegels, train yourself to perform the exercise with “stress” activities which can cause leakage of urine such as 1) standing up 2) coughing 3) laughing. You want to eventually train yourself to automatically perform a Kegel exercise when doing these activities.

## HOW DO I PERFORM THE KEGEL EXERCISE?

The *KEY* is to locate the *CORRECT* muscle group:

As you begin urinating, try to stop or slow the urine stream without tensing the muscles of your abdomen, legs or buttocks. When you are able to stop or slow the urine stream, you have located the correct muscles. You should NOT be holding your breath during a Kegel. These are the same muscle you use when trying to avoid passing gas. It is helpful to place a hand on your stomach to make sure you are not incorrectly contracting your abdominal muscles.

Once you have located the correct muscles, **do not** perform Kegels when you are urinating. That is, don't make it a habit of starting and stopping your urine stream. It is more important to empty completely during urination.

For more information visit [www.kegelexercisesformen.com](http://www.kegelexercisesformen.com) or Call Trish Seeber at 505-925-0246 or visit [www.roboticsurgeryNM.com](http://www.roboticsurgeryNM.com)