

## **How to Properly Do Kegel Exercises**

*A gentle, informed approach to pelvic floor strength, awareness, and sexual comfort*

### ***What Are Kegel Exercises?***

Kegel exercises involve gently contracting and releasing the pelvic floor muscles—the group of muscles that support the bladder, uterus, and bowel.

These muscles play an important role in:

- Bladder and bowel control
- Core stability and support
- Sexual sensation and responsiveness
- Comfort during intimacy and penetration

Kegels are not about force or intensity—they are about awareness, coordination, and balance.

### ***Pelvic Floor & Sexual Comfort***

A well-functioning pelvic floor can support:

- Increased blood flow and sensation
- Greater awareness of arousal and pleasure
- Improved ability to engage and relax during intimacy
- More comfort with penetration
- Enhanced orgasmic response for some individuals

Just as importantly, learning to fully relax the pelvic floor can:

- Reduce pain or discomfort during sex
- Support feelings of safety in the body
- Allow for more ease, openness, and receptivity

Sexual comfort is not about performance—it is about feeling safe, connected, and responsive in your body.

### First: Identifying the Correct Muscles

Before beginning, it is important to make sure you are engaging the right muscles.

You are targeting the muscles you would use to:

Stop the flow of urine

Prevent passing gas

### ***Important:***

This is only for identification—not something to practice regularly during urination.

### ***When done correctly:***

Your abdomen, thighs, and glutes remain relaxed

Your breath continues naturally

There is a subtle “lifting” sensation internally

### ***How to Perform a Kegel Exercise***

1. Get Comfortable. Begin lying down, sitting, or standing—whichever feels most supportive.

2. Gently Contract

Lift and engage the pelvic floor muscles (as if lifting internally). Avoid clenching or straining.

3. Hold. Hold the contraction for about 3–5 seconds (or less if needed).

4. Fully Relax

Release completely and rest for 3–5 seconds. The relaxation phase is just as important as the contraction.

5. Repeat. Aim for 8–10 repetitions, up to 2–3 times per day.

### ***Breathing Matters***

Try to avoid holding your breath.

Instead:

Inhale → soften and relax

Exhale → gently engage and lift

This allows the pelvic floor to work in harmony with your nervous system, supporting both regulation and pleasure.

### ***Common Mistakes to Avoid***

Holding your breath

Tightening your stomach, thighs, or buttocks

Bearing down instead of lifting

Overdoing it (more is not better)

Skipping the relaxation phase

### ***A Gentle Reminder: Balance Over Strength***

Many people assume the pelvic floor needs to be strengthened—but in some cases, it may already be tight or overactive.

### ***If you experience:***

Pain with intimacy or penetration

Difficulty relaxing your body during closeness

Pelvic tension or discomfort

Kegels alone may not be appropriate. In these cases, learning to relax and soften the pelvic floor is equally (or more) important.

### ***When to Seek Additional Support***

Consider working with a pelvic floor physical therapist or qualified healthcare provider if you notice:

Pain during sex or penetration

Urinary leakage or urgency

Pelvic pain or pressure

Difficulty identifying or coordinating these muscles

Professional guidance can provide individualized support and help you feel more confident and comfortable in your body.

### ***Integration Practice***

You can gently incorporate Kegels into your day:

While brushing your teeth

During a pause in your day

As part of a self-care or body awareness practice

Let this be subtle, mindful, and attuned—not forced or mechanical.

### ***Closing Reflection***

This is not about tightening, performing, or “getting it right.” It is about:

Building awareness

Restoring connection

Creating more comfort and choice in your body

Supporting both intimacy and pleasure from a place of safety

Your body already holds this wisdom.

You are simply learning to listen more closely.

### ***Important Note***

This material is provided for educational purposes only and is not intended as medical advice, diagnosis, or treatment. It does not replace consultation with a licensed medical or healthcare professional. If you have concerns about your pelvic health, pain, or physical symptoms, please seek guidance from a qualified provider who can assess your individual needs.