

## 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***

Get Comfortable

- Begin lying down, sitting, or standing—whichever feels most supportive

Gently Contract

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

Hold

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

Fully Relax

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

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.