

KEGEL EXERCISES

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 **before and 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 about 20 times a day – when you are sitting, watching TV, driving. Each time, contract the muscles for 2 seconds, then relax.

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?

Two ways to identify the correct muscles to contract...

1. Pretend you are holding in gas or stopping a bowel movement without tensing the muscles of your abdomen, legs or buttocks.
2. During urination, try to stop or slow the urine stream without tensing the muscles of your abdomen, legs or buttocks.

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.

ANYMORE PLACES FOR INFORMATION ON KEGELS?

Try youtube: <https://youtu.be/HKNQx5EXHOU>