



Download 1: Starting Stage

Name:	Date:
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Day 1: Determining your **starting stage**

1. Find your pelvic floor muscles as described below. Do the **first time** without the Kegel Weights so you can see your progress.

How to Find Your Pelvic Floor Muscles

Basic Pelvic Floor Exercises: This will help you find your pelvic floor muscles

- Stand or sit on a firm chair or lie down with your knees slightly apart
- To do an effective Kegel exercise, imagine holding in urine and wind at the same time. These are the areas where you need to contract. You should be able to feel your correct pelvic muscles “lift up”. Lift the muscles up inside, Hold, then...relax slowly
- Now squeeze and pull up both areas (front and back passages)

- Following the instructions above **tighten** your pelvic floor and **hold** for as many seconds as you can (up to a maximum of 10 seconds) but please remember to **not hold** your breath.
- Relax the contraction and rest for 5 seconds. Relaxing your pelvic floor is equally important.
- Repeat this (step 2 & 3) as many times as you can (up to a maximum of 10 repetitions).

e.g.

How long could you hold the contraction for?	2 secs
How many times could you repeat the contraction?	4 reps

So, your **starting stage** becomes:

e.g.

	DATE	NUMBER OF SECONDS HELD	NUMBER OF REPETITIONS	COMMENTS
Day 1	Mon 10th Sept 2019	2	4	

Write in this box how often you leak, when it happens, if you get up at night to go to the loo – how many times? Anything else that is relevant to you. Then in a few months you can look back and see your improvement.

Repeat this every week and fill in below to monitor your progress.

	DATE	NUMBER OF SECONDS HELD	NUMBER OF REPETITIONS	COMMENTS
Day 1				
Day 8				
Day 15				
Day 22				
Day 28				



GP & Women's Health Specialist Dr Pixie McKenna

"Bladder weakness can cause leaking during sex, and therefore many women choose to avoid intimate situations altogether to avoid the embarrassment and anxiety it can cause"

YOU CAN HAVE
RESULTS
 - OR -
EXCUSES
 NOT BOTH

