

# Complete Guide to Keggel Exercise

BODYOTICS PELVIC FLOOR EXPERTS





# *Introduction*

Hello and welcome to your exclusive Pelvic Floor education and exercise programme, designed to help you get the most out of your Pear Drops and achieve optimum Pelvic Health.



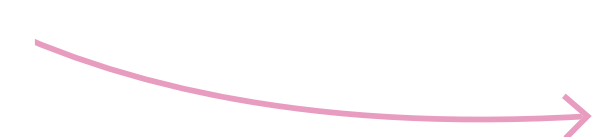
# CONTENTS

*click to navigate*

What is a Pelvic Floor? .....	5
What are common issues? .....	6
What are the tell tale signs or symptoms? .....	7
This is where Kegels come in! .....	9
Locate your pelvic floor .....	10
How do I insert the Pear Drops? .....	13
How do I remove them? .....	13
Which Pear Drop to use? .....	14
How do I link the weights with the exercises? .....	16
Some handy tips .....	17



*tap to go back*



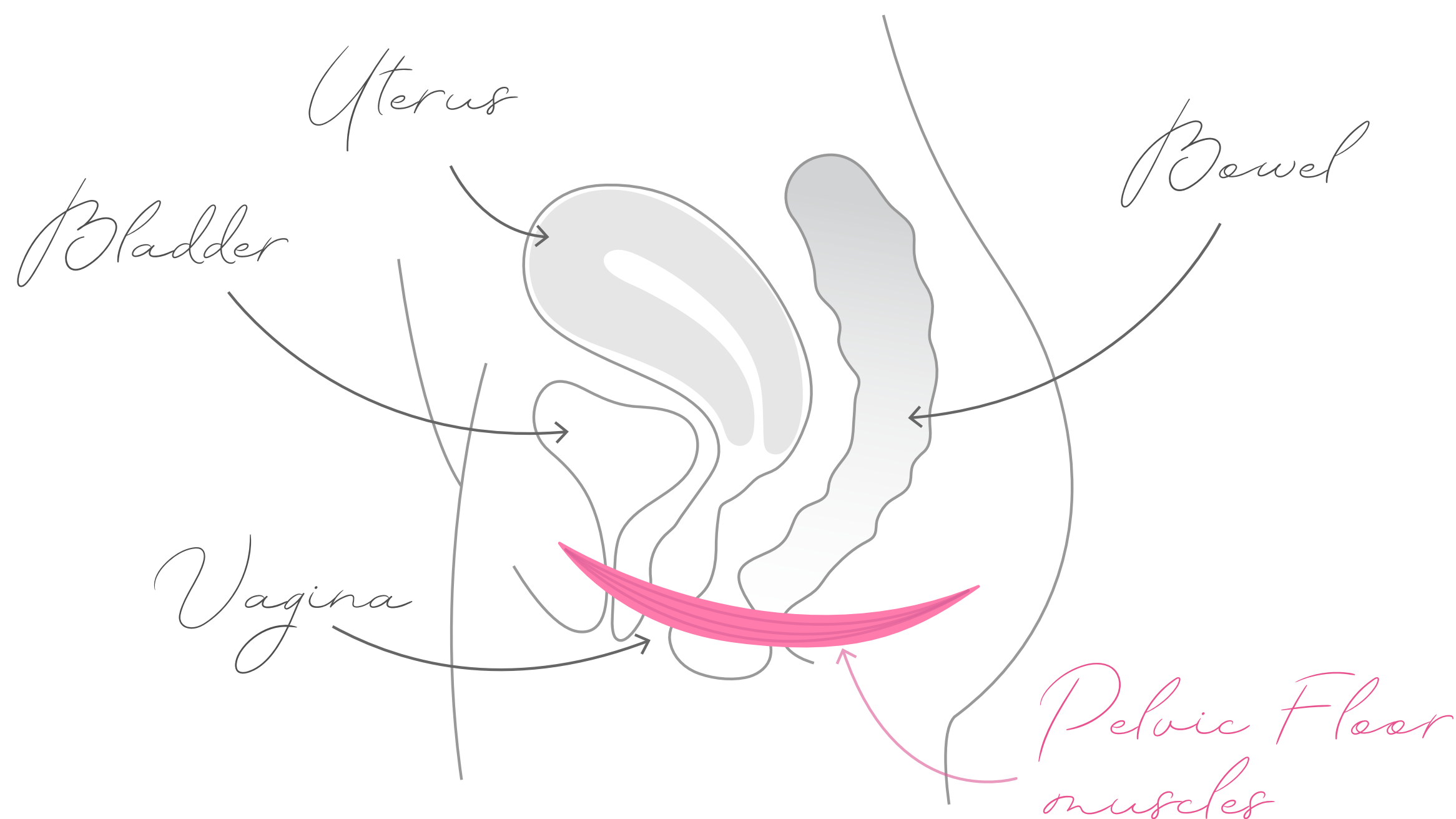
<b>Phase 1</b> beginner .....	18
'The Quick Squeeze'	
<b>Phase 2</b> intermediate .....	19
'Go deeper'	
<b>Phase 3</b> intermediate .....	20
'Climb the peak'	
<b>Phase 4</b> advanced .....	21
'The Vertical'	
<b>Phase 5</b> advanced .....	22
'The Lift-Off'	
Bonus Pointers .....	23
Frequently Asked Questions .....	25
Product Safety Information .....	31



# SOME BASICS FIRST...

## What is a Pelvic Floor?

Your pelvic floor is a powerful layer of muscles that support your pelvic organs (uterus/bladder/bowel) and put simply, its job is to hold these organs up against gravity. This muscle sits like a hammock between your tailbone and pubic bone, although it is in a slightly awkward spot that you can't see and a lot of people have trouble feeling.



*The position of the pelvic floor muscles that looks like a hammock supporting the organs*

It is this hammock (which is made up of 16 different muscles!) that controls your bladder and bowel, keeps your body upright, can stretch wide enough for a newborn to fit through and is also responsible for pleasure during sex. Very impressive task list and worth investing the time in taking care of to keep it strong and healthy: which is why you are here!



“  
Just because it is common,  
doesn't mean it's normal  
”



## What are common issues?

Firstly, pelvic floor issues are more common than we realise, affecting 1 in 3 women. This can be due to a range of factors such as:

- Weight gain
- Pregnancy and childbirth
- Increasing age (particularly muscle atrophy post menopause)
- Chronic coughing
- Constipation
- History of back pain

*Change starts  
here...*








## What are the tell tale signs or symptoms?

This dysfunction can show up in a few ways, the most common indicators that people notice are:

- Urinary incontinence when you cough/ sneeze/ laugh/ run
- A general feeling of vaginal heaviness or pressure in your vagina
- A soft bulge of tissue that may protrude from the vagina
- Some pain over your pubic bone or back of your pelvic near the 'dimples' in your lower back
- Lack of sensation or arousal during sex
- Strong urgency feeling when needing to urinate or empty your bowel
- Inability to hold in wind



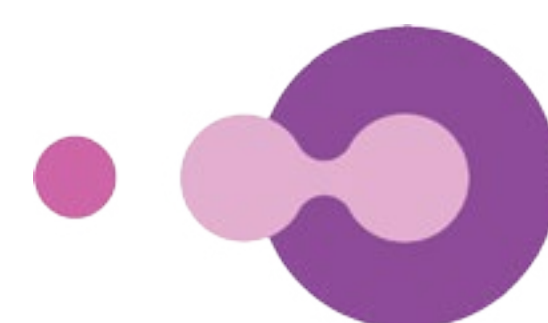


A woman in a white dress and straw hat is shown from the waist up, holding a bunch of colorful balloons (pink, orange, yellow, green, blue) in her right hand. She is standing in a field of tall grass at sunset, with her arms outstretched. The background is a warm, golden glow from the setting sun.

Whilst these symptoms can be distressing and many women simply put up with them, there is overwhelming evidence supporting kegel exercise. Not only does it help prevent these issues from getting worse, but it can actually resolve them as the pelvic floor becomes more responsive.

*It all starts with training and strengthening that hammock*





## THIS IS WHERE **KEGELS** COME IN

To Kegel, put simply, is another way of saying 'pelvic floor exercise'. Pelvic floor training is a lot more than just 'tightening' down there as most people think! It involves active contraction (which is the squeeze and lift part) and purposeful relaxation/lengthening of the muscle. This is what will allow you to squeeze when you need to and relax when you need to without any issues.

*That sounds great, **how do I master that?***





# FIRSTLY - **LOCATE** YOUR PELVIC FLOOR

It is easy to exercise other muscles such as your bicep for example, as you can see this and it's obvious when it is tense or at rest.



As we are dealing with a muscle that you can't see working, the first step is to tap into your awareness of the pelvic floor, which starts with the brain and some imagination! Taking your time to practise locating this muscle is crucial to the success of your exercise plan.





“  
Energy Flows Where  
The Mind Goes...  
”

• • • •

## How to locate the pelvic floor?

- Start by sitting with your back supported or lying down with your knees bent and feet flat
- Relax your body by taking some deep breaths in and out for 4 counts
- Now to the awareness part – focus and picture the opening of your vagina like a circle (similar to those around your mouth).

See if you can gently squeeze this circle by picturing these analogies and hopefully one of *these visualisations* will work for you...





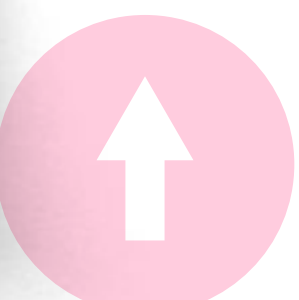
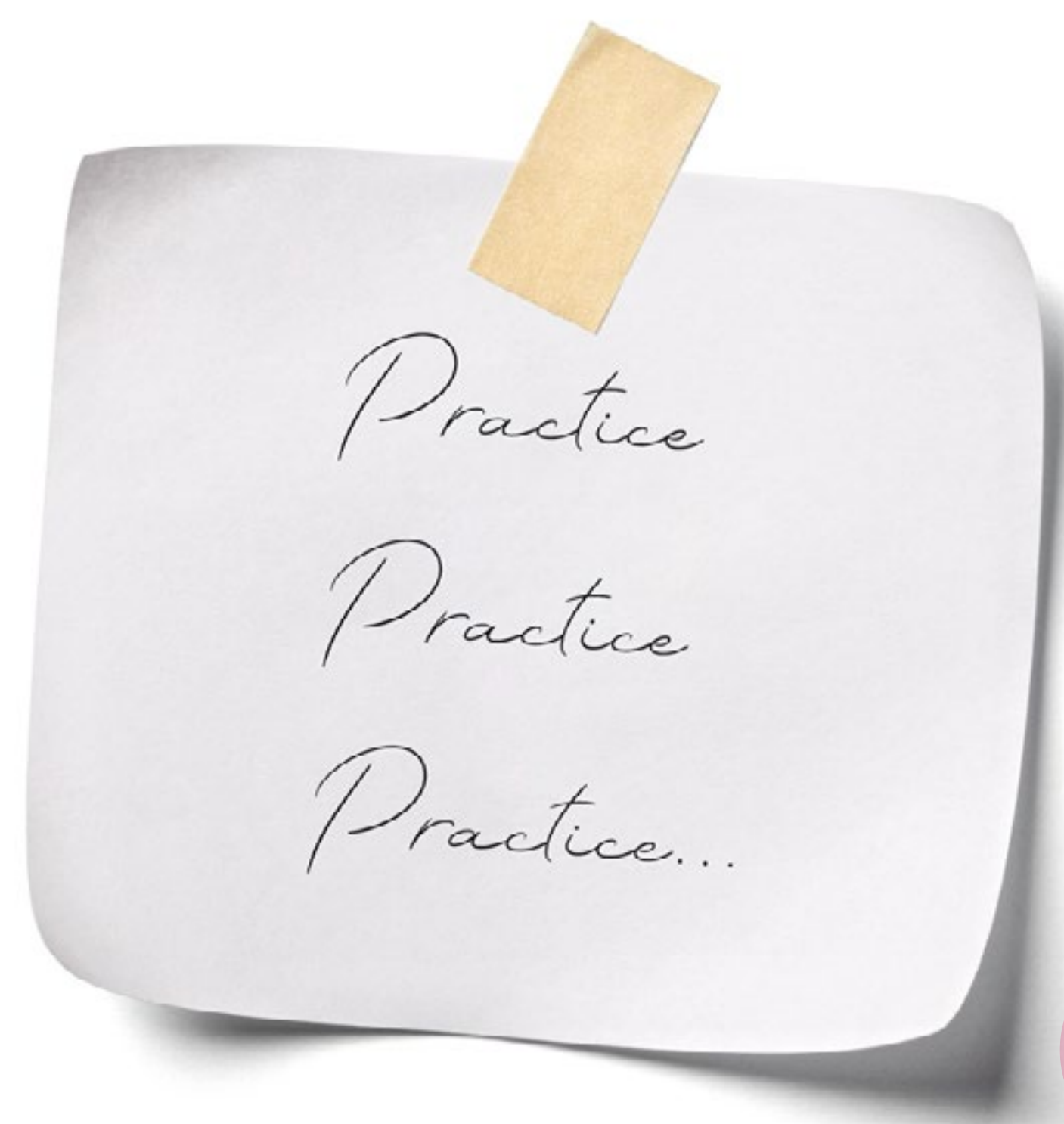
- Plucking a tissue from a tissue box with your vagina muscles
- Squeeze the muscles as if you were trying to stop the flow of urine
- Squeeze your vagina like you are picturing picking up a grape (concentrate on the inward pressure tightening AND lift up motion)

- Tighten your vagina as if you are trying to push an inserted tampon up higher
- Try to squeeze the muscles between your vagina and anus as if you are trying to bring the points closer together and up to your belly button

**Key Pointer:** The movement you feel will only be small. Rather than squeezing as hard as you can, try to relax all the other muscles (e.g your jaw/ bum/ abs) and see if you can think about moving the pelvic floor a few millimeters only. The pelvic floor is not a big muscle, so the squeezes should be gentle and controlled.

This takes practice and is not easy so do not worry too much if it takes time before the awareness sets in. It is worth doing this a few times before you get started with Pear Drops so you can do the exact same motion once the weight is inserted.

Retraining your brain and muscle connection takes time so be patient, take a rest and come back to this another day if you are having trouble.





*You are ready to start now!!!!*



## BRING ON THE WEIGHTS!

### How do I insert the Pear Drops?

Inserting the Pear Drops is simple, although it might take a few tries before it becomes more natural to do so. Choose a time when you are relaxed and pick a comfortable position for yourself, either lying down or with one leg raised up as if you were inserting a tampon. Using a firm motion, push the weight into your vagina opening until you feel that the entire Pear Drop is sitting comfortably inside. The only part that should be out is the tail part.



???

### How do I remove them?

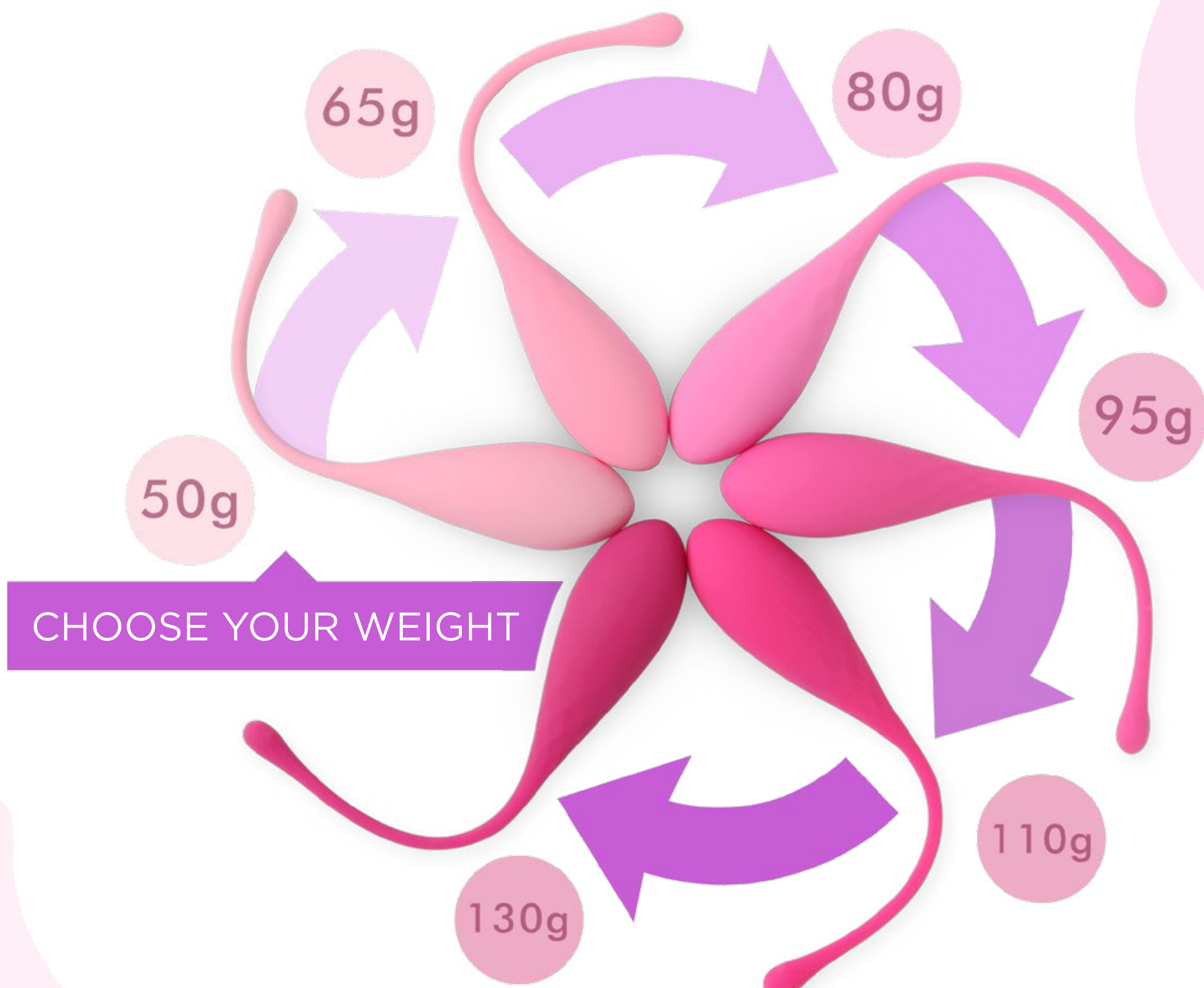
To remove, simply pull the tail part, gently at first and only increase pressure as required. Try not to pull too harshly at first, as it should come out quite easily. The more lubricant you have used, the more slippery this will be.





## Which Pear Drop to use?

The weights are ordered by colour from lightest going up to the darkest to indicate the weight getting heavier. We recommend you start with the lightest weight even if this might feel easy. It's a good way to get familiar with how a weight sits inside you and how to really focus on the 'upward' clench movement as described in the visualisations earlier. This is easier to master with a lighter weight so it's best to start there, and then work your way through the weights until you find one that is challenging.



*Easy, peasy, lemon, squeezzy :)*





“

Changes start  
with intent, conscious  
choice and action!

”

Let's get going...





## HOW DO I LINK PEAR DROPS WITH THE EXERCISES?

- ✔ Start with the lightest weight and complete Phase 1-5, as many times as you can in a 15-minute window.
- ✔ Remember, there is no rush to complete (or attempt) all 5 phases especially at first, so take your time. It is recommended to stick to the beginner and intermediate phases (1-3) and repeat these to gradually build your strength before attempting phases 4 and 5.
- ✔ Once you have successfully completed all 5 phases with the lightest weight you can then move onto the next weight up and so on.





# Some handy tips...



- 15 minutes a day of focused intentional exercise is all that is needed to activate the pelvic floor and see results. It can be tempting to over-do it but this may delay your progress if you become sore and have to take a break. It is best to start slowly and consistently exercise to build up your strength
- Even if you find the lightest weight easy, it's a good idea to whizz through the phases anyway to get familiar with the exercises before you find a weight that gives you more of a challenge
- If any of the exercises are difficult, stick to that phase and repeat until it becomes easier as your strength builds
- You can use the heaviest weight to maintain your pelvic floor strength once or twice a week once you are happy with the level of control you have achieved
- Feel free to adapt the position of the exercises to lying down, standing up, or whilst moving depending on what suits you and your lifestyle best. You might find that you are unable to perform any of them standing up and that is perfectly fine, that is more advanced so simply exercise in a position that works for you
- Staying consistent is the key to seeing results so although the steps laid out below are a very useful guide to get you started, it is not the only way to exercise and there is no problem in adapting the steps if you wish.

THE MAIN THING IS THAT **YOU ARE REGULARLY CONTRACTING YOUR MUSCLES** IN A FOCUSED AND CONSISTENT WAY, AND **EVERY EXERCISE SESSION WILL BRING YOU CLOSER** TO SEEING IMPROVEMENTS SO KEEP GOING!





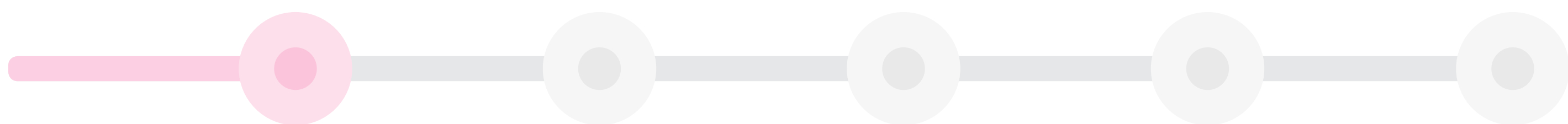


*Phase 1*

## BEGINNER

### **The Quick Squeeze**

1. Sit in a comfortable position, whether that is lying down or sitting up.
2. Insert a Pear Drop using lubricant if needed.
3. Start with 5 quick squeezes isolating the pelvic floor and relaxing the abs and bum.
4. Exhale as you contract 'upwards' and hold the clench for 2 seconds.
5. Relax your pelvic floor down and rest for 10 seconds.



*Well done*



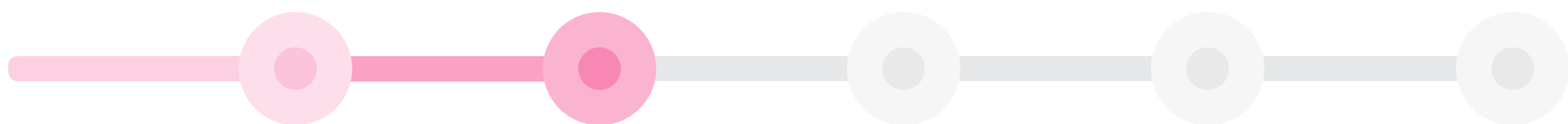


*Phase 2*

## INTERMEDIATE

**Go deeper**

1. Start by activating your pelvic floor muscles by doing 5 short, tight squeezes and relaxing for a few seconds. Repeat a few times to warm up your muscles.
2. Move onto a 3-second deep clench, really focusing on the upward motion whilst relaxing the abs and bum.
3. Let go of the contraction for a count of 3 seconds.
4. Rest for 10 seconds to recover.



*Don't stop  
keep going!*





*Phase 3*

## INTERMEDIATE

### Climb the peak

1. Lie down with your hands on your stomach to help you relax the abs and focus, breathe normally and bend your knees.
2. Now slowly start clenching and lifting, pulling the Pear Drop up. Imagine it travelling up for approximately 5 seconds.
3. Once you feel you've reached the peak of your clench at second 5, hold for another 3-5 seconds if you can.
4. Gently let the Pear Drop back down again, while exhaling for 5 seconds.
5. Let go of the contraction for a 10 second rest, then start tightening again.



*You are doing  
great*





Phase 4

## ADVANCED

### The Vertical

*(Standing up)*

1. Insert the Pear Drop while standing up, with legs hip width apart.
2. Start clenching and lifting for a count to 5.
3. Hold at the top for 3 seconds, being mindful of keeping all other muscles as relaxed as possible.
4. Gently and slowly relax the Pear Drop down for a count of 5 seconds.
5. Let go of the contraction for a 10 second rest to recover and then start tightening again.

*You might notice this phase being harder, since gravity adds additional weight and resistance to Pear Drop, making the exercise more intense.*



*Almost there!*







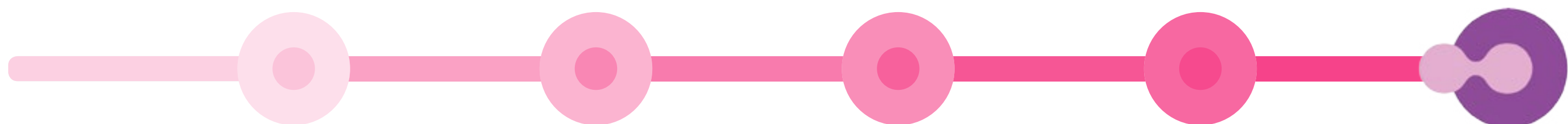
*Phase 5*

## ADVANCED

### **The Lift-Off**

*(Standing up)*

1. Insert the Pear Drop while standing up, with legs hip width apart.
2. Now, whilst keeping your pelvic floor muscles squeezed tight, lift your right leg (knee bent) up, as if you were running slow motion on spot.
3. Do that 10 times, clenching even tighter every time you lift your knee, making sure you're not losing the contraction around the Pear Drop.
4. Relax for 10 seconds, both feet on the ground. Then switch to lifting up your left leg, doing the same exercise.



*Congrats!!!  
you did it*



# BONUS

## *painters*

- **Set a reminder** on your phone to remind you of your Kegels. Screenshot the phase section so you have a handy reminder of the exercises to make it easy to access. Incorporating the exercise into your daily routine and it becoming a habit is the best way to ensure you see improvements so it's worth the effort to add it into your schedule somewhere.
- **Remember to RELAX!** A muscle is supposed to contract and relax. It is not beneficial and can be bad for you, to concentrate on just tightening which is why the phases emphasise the relaxing part at the end of each contraction.
- **Position of the Pear Drop is important.** If you place the weight too high within your vagina, you won't get an effective workout and it will feel uncomfortable. Similarly, this will happen if the weight is placed too low and as you will feel the bulge and it will keep slipping out.
- **Find a good position for yourself.** If you are a beginner, then we recommend starting out by inserting the weight whilst lying on your back, or in any reclined position you're comfortable with. Once you have mastered this you can work towards positions that are more challenging, like standing or even walking around. The most important thing is to find a position that is comfortable for you so you can really focus on what you are doing, rather than just having a weight passively sat inside you.





# BONUS

## *pointers*

- **Keep it clean.** No matter what type of vagina weight you're using, we recommend cleaning them before and after use. Any soap and water, or a pH-balanced cleanser will be fine. This is really important in protecting you from any harmful bacteria so its best to get into the habit from the start.
- **Keep other muscles relaxed.** Try not to contract your abdominal, leg, or bum muscles, or lift your pelvis. Place a hand gently on your belly to detect unwanted abdominal action so you can isolate your pelvic floor, and be very aware of what your body is feeling internally.

*Here are some pointers to consider to help you get the most out of your training.*





# F.A.Q.

## *Frequently Asked Questions*



### **How do I know I am doing this right?**

**I can't feel any squeezes or my pelvic floor at work!**

As mentioned earlier, the pelvic floor is difficult to tap into because we can't physically see it working. It is really useful to spend the time going over the visualisations earlier in this guide to really try and hone in on the small movement you are trying to achieve and what the technique should feel like.

**If you are still unsure there are a couple of things you can do to really familiarise yourself with how the muscle is contracting when you consciously try to do so.**





- Stopping the flow of urine mid-stream (as an awareness exercise only and not to be done regularly)
- Insert a clean finger into your vagina, and try to squeeze and relax your pelvic floor. You are looking to feel a gentle tightening of the muscles in the area

If you are still having trouble and are concerned at any point, then please seek help from your doctor or a Pelvic Floor physiotherapist who can examine you and help you with feedback on how to work the muscle.

## What am I doing with my breathing during these exercises?

Pairing your breath with your pelvic floor is hard, so don't put pressure on yourself right away to get this synchronized, especially if you are new to kegel exercise.

When you start, just concentrate on the lift and the release of the pelvic floor. As you get better at this, you can move onto the breath and aim to squeeze your pelvic floor as you EXHALE.

**This will require practise to get the coordination right and link the movement with the breath, which should go as follows:**

1. Inhale slowly through your nose
2. Allow the belly to expand and push out
3. Exhale slowly through your mouth
4. Draw the belly in and squeeze the pelvic floor up

A common mistake people make when doing pelvic floor exercises is that they 'suck in' their breath and belly whilst trying to squeeze. If you can spend some time practising this exhale breath with the squeeze, then it will be easier to do when you add the weights in.



## Should you do Kegels whilst pregnant? Should I just wait until after labour?

This is a great question because we are big fans of preventative health care. Kegel exercise (when done correctly with the go-ahead from your midwife) is both safe AND beneficial during pregnancy.

**Kegel exercise during your pregnancy have been shown to reduce the chances of urinary leakage in the postnatal period, and in first time mums may actually reduce the duration of the second active pushing stage of labour!**

Constipation which is a common side effect, can also put a great deal of strain on an already stretched pelvic floor. During childbirth the muscles are stretched (and sometimes torn) which leads to pelvic floor dysfunction and many women find they have less control following the birth. The symptoms are often finding it hard to control wind, pelvic pain or even pelvic organ prolapse later on.

**It is recommended to wait until your 6 week checkup postpartum, and then to start kegel training to prevent the symptoms from worsening.** Using weights to contract your muscles with enough intensity, with the correct execution and for a long enough hold, should go a long way to help prevent future complications.

*(Always double check with your midwife before embarking on any training and listen to your body and individual feedback).*





## Why am I not seeing results yet?

The most common reasons why some women aren't seeing results fall into 3 main categories

### 1. Not doing the exercise correctly

- A correct pelvic floor contraction requires a squeeze and lift AND a drop/relaxation
- Make sure you are not pushing or bearing down
- Try to keep all the other muscles relaxed and not squeeze the abs/bum

### 2. Not being consistent with the weights

- Doing a few repetitions here and there when you remember to won't be enough to create the right response to trigger the muscle fibres to stimulate change
- Not using a challenging enough weight and doing at least 15 minutes of exercise at a time to fatigue the muscles

### 3. Not doing them for a long enough period

- Results (if the first two points are consistently met) should emerge around 2-4 weeks on average. The maximum potential is reached at week 10-12 so it's important to keep with it even if it seems like nothing is happening at first.

*Bottom line, **don't give up!** Push through with the training and you are very likely to see improvements*







## What's sex got to do with it?

Quite a lot! **The pelvic floor plays an active and varied role during sexual pleasure, penetrative or not.** In penetrative sex, the pelvic floor muscles need to relax, soften and stretch so that penetration isn't painful. **Closer to climax, the pelvic floor muscles become more active, to heighten pleasure, sensation and blood flow.** This usually occurs in a strong squeeze and relax motion (e.g. on and off) which is the crux of what we are working to master with this programme.

*Whilst it might not be the primary goal, it's a great added bonus!*





## What if I feel sore/pain in my pelvic floor when exercising?

### *Is this normal?*

Like any other muscle, the pelvic floor can be overtrained which can result in a very tight muscle that isn't able to relax, this is not what we want to achieve and comes with its own complications.

**It is normal for a muscle to be sore or uncomfortable after exercise which can last a few days, especially if you are new to kegel training. This is to be expected when a muscle is put under repeated tension to the point of fatigue and not to be concerned about.**

There should not, however, be any kind of sharp shooting pain in the pelvic region when exercising so please do not continue to do so if that happens.

Pelvic pain can be indicators of other problems so it's important to get this checked out and be mindful of the difference between sore muscles that have been worked to fatigue, to actual pain which is not anticipated. Listen to your gut instinct here too as you will know if something doesn't feel quite right.



# PRODUCT SAFETY INFORMATION:

The information in this ebook is for general information purposes only, not for treatment or diagnosis to address specific medical conditions.

**Please consult with your own doctor if you have any concerns as to whether to use weights or not. This information is not a substitute for professional medical advice or a medical exam.** Depending on your condition, you may need physiotherapy that is monitored.

The weights are to be used one at a time, vaginally only and to be stored in a clean environment.

**If at any time you feel discomfort, please stop using the weights and get in touch with us or your doctor for more advice.**

Bodyotics Ltd shall not be liable for any claims, demands, damages, rights of action or causes of action, present or future, arising out of or connected to the use of any of the information contained in this document, including any injuries resulting therefrom.

*All the best, from the Bodyotics family!!!*







bodyotics