



# kegel tools an introduction

## Kegel tools

Kegel exercises strengthen the pelvic floor muscles. You may have learned them if you've had a pregnancy, but strong pelvic floor muscles are even more important as we age, discouraging incontinence and encouraging orgasm.

When pelvic floor muscles weaken, the uterus, bladder, and/or bowel can descend or bulge—called a prolapse—into the vagina. Symptoms of pelvic organ prolapse include uncomfortable pressure and changes in bladder and bowel function. Weak pelvic floor muscles mean weak orgasms, too.

Luckily, strengthening your pelvic floor muscles is easy to do, and even enjoyable once you get the hang of it.

## Where can I buy mine?

Kegel tools can be discreetly purchased at [MiddlesexMD.com](http://MiddlesexMD.com) or by calling 888-398-6763. You can also place your order by emailing [Orders@MiddlesexMD.com](mailto:Orders@MiddlesexMD.com).

MiddlesexMD is a safe, comfortable guide to the changes that come with menopause and how those changes can alter the way you experience sex. The site offers advice and products to help you maintain your sexuality for life.

## How to do kegels

First locate the correct muscles: The same muscles you use to stop the flow of urine are the muscles you want to exercise. Now try this: Insert one or two fingers inside your vagina and squeeze it around them. When you feel your vagina tighten, you have the right muscles. Relax those muscles.

1. To perform Kegel exercises, start with an empty bladder. Sit, stand, or lie down—whatever is comfortable for you.
2. If you're using a Kegel tool, insert it into your vagina.
3. Contract your pelvic floor muscles and hold for five seconds. Completely relax your muscles for five seconds.
4. Repeat the contraction/relaxation exercise 10 to 15 times.
5. When you are comfortable with five-second contractions, add another second to your contraction cycles, working your way up to 10-second contractions and 10-second rest periods.

Prices range from \$16 to \$55; see [MiddlesexMD.com](http://MiddlesexMD.com) for details

## Kegel tools

Tools can help you do Kegel exercises more effectively. Especially for beginners, weight in the vagina helps you isolate the correct muscles and gives you an object to focus upon. It's easy to feel a vaginal weight shift as you flex your muscles.

### Luna Beads

Comes with 4 interchangeable, 1 1/2-inch-diameter beads, so you can increase the challenge as your muscles strengthen.



### BFIT Kegel Balls

BFIT Kegel Balls are made of body-safe, nonporous silicone and feature two .85 ounce weights to help strengthen and tone your pelvic floor.



### Energie Kegel Barbell

Ergonomically shaped and designed for comfort. Weighs 396 grams, allowing kegel muscles to exercise against resistance for better results.

