

Doing Pelvic Muscle Exercises with 20 “Quick” and 20 “Slow” Pelvic Muscle Strengthening Exercises

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00:00

Welcome to pelvic floor muscle training, I am happy you are taking the time to learn pelvic muscle exercises. In this section, you will practice a full set of a pelvic muscle exercise training program, which includes 20 repetitions of quick muscle squeezes, these are sometimes called two-second Quick Flicks, and 20 repetitions of slow or 10-second muscle squeezes.

00:28

The two-second quick or fast muscle contractions really work those muscle fibers that build strength in your pelvic floor muscle. The slow or 10-second muscle contractions work those muscle fibers that bulk up your pelvic muscles, so they're strong whenever you're bending over or coughing, laughing, sneezing. Working both types of muscle fibers will prevent urine leakage. You can also use the pelvic floor muscle to control bladder urgency and as part of a bladder retraining program.

01:02

Here are some instructions before you start. Sit on a firm surface or solid chair as that will make it easier to feel your pelvic floor muscles. You can also do these exercises lying down or standing. Squeeze the muscles like you're trying to hold back gas. This is the back part of the muscle where you may have more control and more sensation. If you work the back part of the muscle over time, you'll start to feel the muscle move from the back up to the front. When you do the muscle contraction, you should feel your anus, the opening to your rectum, tightening and squeezing. Women may feel the opening to the vagina pull in and up. Men may feel their scrotum or penis move. You should feel the muscle drop down when you relax. Always breathe in and out while you're holding the squeezes. Counting out loud will help make sure that you continue to breathe.

01:57

Let's start with the quick muscle exercises. First, you will tighten and hold the muscles squeeze for two seconds, then relax for two seconds. We will repeat this for 20 sets. After each squeeze you will hear two seconds of music. This is when you are to relax. You should feel the muscle drop down when you relax. Keep breathing during the exercises you can count with me to ensure that you're not holding your breath.

02:23

Squeeze your pelvic muscles quickly and hold one and two. Now relax.

02:31

Squeeze your pelvic muscle quickly and hold one and two. Now relax.

02:39

Squeeze your pelvic muscle quickly and hold one and two. Now relax.

02:47

Squeeze your pelvic muscle quickly and hold one and two. Now relax.

02:55

Squeeze your pelvic muscle quickly and hold one and two. Now relax.

03:03

Squeeze your pelvic muscle quickly and hold one and two. Now relax.

03:11

Squeeze your pelvic muscle quickly and hold one and two. Now relax.

03:19

Squeeze your pelvic muscle quickly and hold one and two. Now relax.

03:27

Squeeze your pelvic muscle quickly and hold one and two. Now relax.

03:35

Squeeze your pelvic muscles quickly and hold one and two. Now relax.

03:43

Squeeze your pelvic muscle quickly and hold one and two. Now relax.

03:51

Squeeze your pelvic muscle quickly and hold one and two. Now relax.

03:59

Squeeze your pelvic muscle quickly and hold one and two. Now relax.

04:07

Squeeze your pelvic muscle quickly and hold one and two. Now relax.

04:15

Squeeze your pelvic muscle quickly and hold one and two. Now relax.

04:23

Squeeze your pelvic muscle quickly and hold one and two. Now relax.

04:31

Squeeze your pelvic muscle quickly and hold one and two. Now relax.

04:39

Squeeze your pelvic muscle quickly and hold one and two. Now relax.

04:46

Squeeze your pelvic muscle quickly and hold one and two. Now relax.

04:54

Squeeze your pelvic muscle quickly and hold one and two. Now relax. Great job, now we're going to go to the slow muscle squeezes, you will tighten in hold the muscles squeeze for 10 seconds, then relax for 10 seconds. We will do 20 of the slow squeezes. After a squeeze, you will hear 10 seconds of music. This is when you are to relax the muscle. When you relax the muscle, you should feel that muscle drop down. You want to keep breathing during the exercises. And a way to make sure that you are breathing is that you can count with me. That way you know you're not holding your breath. If you feel you cannot hold the squeeze for 10 seconds, then just squeeze for five seconds, and gradually over time you will build to a 10 second squeeze.

05:45

Squeeze your pelvic muscle and hold one and two and three and four and five and six and seven and eight and nine and 10. Now relax for 10 seconds.

06:09

Squeeze your pelvic muscle and hold one and two and three and four and five and six and seven and eight and nine and 10. Now relax for 10 seconds.

06:34

Squeeze your pelvic muscle and hold one and two and three and four and five and six and seven and eight and nine and 10. Now relax for 10 seconds,

06:58

Squeeze your pelvic muscle and hold one and two and three and four and five and six and seven and eight and nine and 10. Now relax for 10 seconds,

07:22

Squeeze your pelvic muscle and hold one and two and three and four and five and six and seven and eight and nine and 10. Now relax for 10 seconds,

07:46

Squeeze your pelvic muscle and hold one and two and three and four and five and six and seven and eight and nine and 10. Now relax for 10 seconds,

08:10

Squeeze your pelvic muscle and hold one and two and three and four and five and six and seven and eight and nine and 10. Now relax for 10 seconds,

08:34

Squeeze your pelvic muscle and hold one and two and three and four and five and six and seven and eight and nine and 10. Now relax for 10 seconds,

08:58

Squeeze your pelvic muscle and hold one and two and three and four and five and six and seven and eight and nine and 10. Now relax for 10 seconds,

09:22

Squeeze your pelvic muscle and hold one and two and three and four and five and six and seven and eight and nine and 10. Now relax for 10 seconds,

09:47

Squeeze your pelvic muscle and hold one and two and three and four and five and six and seven and eight and nine and 10. Now relax for 10 seconds,

10:11

Squeeze your pelvic muscle and hold one and two and three and four and five and six and seven and eight and nine and 10. Now relax for 10 seconds,

10:35

Squeeze your pelvic muscle and hold one and two and three and four and five and six and seven and eight and nine and 10. Now relax for 10 seconds,

10:59

Squeeze your pelvic muscle and hold one and two and three and four and five and six and seven and eight and nine and 10. Now relax for 10 seconds,

11:23

Squeeze your pelvic muscle and hold one and two and three and four and five and six and seven and eight and nine and 10. Now relax for 10 seconds,

11:47

Squeeze your pelvic muscle and hold one and two and three and four and five and six and seven and eight and nine and 10. Now relax for 10 seconds,

12:11

Squeeze your pelvic muscle and hold one and two and three and four and five and six and seven and eight and nine and 10. Now relax for 10 seconds,

12:35

Squeeze your pelvic muscle and hold one and two and three and four and five and six and seven and eight and nine and 10. Now relax for 10 seconds,

13:00

Squeeze your pelvic muscle and hold one and two and three and four and five and six and seven and eight and nine and 10. Now relax for 10 seconds,

13:24

Squeeze your pelvic muscle and hold one and two and three and four and five and six and seven and eight and nine and 10. Now relax for 10 seconds,

13:48

Nice work. You have now done 40 exercises: 20 Quick muscle squeezes and 20 Slow squeezes. You may choose to repeat this audio and do these exercises twice a day or even three times a day. But don't do any more because I don't want you fatiguing your muscle. Remember it may take time to build your pelvic floor muscle. But with practice, you will get there, and you will get a healthier bladder.