

Doing 20 “Quick” Pelvic Muscle Strengthening Exercises

[Doing 20 “Quick” Pelvic Muscle Strengthening Exercises](#) (4 minutes)

00:00

Welcome to pelvic floor muscle training. I am happy are taking the time to learn pelvic muscle exercises. Let's start your pelvic muscle quick squeezes. These are the fast muscle fibers and you're going to do fast muscle contractions or squeezes. Working these muscle fibers will strengthen your pelvic muscles, so they will become strong and prevent urine leakage.

00:27

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 muscles. Squeeze the muscles like you're trying to hold back gas. You should feel your anus, the opening to your rectum, tightening and squeezing. Women may also feel the opening to the vagina pull in and up. Men may feel their scrotum or penis moving. You should feel the muscle drop down when you relax. Continue to breathe in and out while you're holding the squeezes counting out loud we'll make sure that you continue to breathe.

01:05

Let's start your quick squeezes. You're going to hold for two seconds, then relax for two seconds. Keep holding during the exercises. You can count with me to ensure that you are not holding your breath. Now let's start you will do 20 muscle contractions or squeezes and 20 muscle relaxations.

01:24

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

01:32

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

01:40

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

01:48

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

01:56

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

02:04

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

02:12

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

02:21

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

02:29

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

02:37

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

02:45

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

02:53

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

03:01

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

03:09

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

03:17

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

03:25

Squeeze your pelvic muscle quickly and hold one and two. N

03:29

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

03:37

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

03:49

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

03:57

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

04:04

Nice work. You've now done 20 repetitions of muscle contractions and relaxations. These are the quick muscle contractions or we sometimes call these as Quick Flicks. Feel free to repeat this audio lesson if you would like to practice and hear the slow pelvic muscle squeezes instructions again, you are making great progress towards a healthier bladder.