

Doing 20 “Slow” Pelvic Muscle Strengthening Exercises

[Doing 20 “Slow” Pelvic Muscle Strengthening Exercises](#) (ten minutes)

00:00

Welcome to pelvic floor muscle training. I am happy you are taking the time to learn pelvic muscle exercises. Let's start your pelvic muscles slow squeezes. These are the slow muscle contractions or squeezes working these muscle fibers or bulk up your pelvic muscles, so they will be strong and prevent urine leakage.

00:24

Here are some instructions before you start. Sit on a firm surface or a solid chair, as that will make it easier to feel your pelvic muscles. Squeeze the muscle like you're trying to hold back gas. You should feel your anus, the opening to your rectum, tightening and squeezing. Women may feel the opening to the vagina pull in and upward. Men may feel their penis or scrotum move. 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 will help make sure you're continuing to breathe. Let's start your slow squeezes. Your goal should be to hold your squeeze for about ten seconds. Don't worry if you can hold your squeeze for that long at first. When beginning the exercises. Many men and women can only hold the squeeze for a few seconds. You can start by holding your squeeze for two to three seconds or maybe five seconds, and with time in practice, you will build to ten second holds. So hold the squeeze for as long as you can then relax and wait for the instructions to start the next squeeze. Remember to continue to breathe while you're holding the squeeze. With practice you should be able to increase the length of your slow squeezes over time.

01:45

Now let's start. You will do 20 muscle contractions for squeezes and 20 muscle relaxations. Squeeze your pelvic muscle and hold one and two and three and four and five and six and seven and eight and nine and ten. Now relax for ten seconds.

02:15

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

02:39

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

03:04

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

03:28

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

03:52

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

04:16

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

04:40

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

05:04

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

05:28

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

05:52

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

06:17

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

06:41

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

07:05

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

07:29

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

07:53

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

08:17

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

08:41

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

09:05

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

09:30

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

09:54

Good job, you have done slow squeezes of your pelvic floor muscle. Feel free to repeat this audio lesson when you would like to practice and hear the slow pelvic muscles squeezes instructions again. You are making great progress towards a healthier bladder.