

# Practicing “Quick” and “Slow” Pelvic Muscle Exercises to Strengthen the Muscle and Stop Incontinence

[Practicing “Quick” and “Slow” Pelvic Muscle Exercises to Strengthen The Muscle and Stop Incontinence](#) (9 minutes)

00:04

It's time to begin your pelvic floor exercises. You're going to listen to this CD twice a day, once in the morning and once at night. And you will need to do these exercises in three positions: sitting in a comfortable chair, lying down, maybe in your bed lying on your back, and standing. Use a chair for support. Remember, the pelvic floor muscles are the same ones you use to hold back gas or to hold back a bowel movement. To find these muscles. Think about what you do when you are in a crowded room and feel like you might have to pass gas. Well, you don't want to embarrass yourself. So you probably tighten the back part of your pelvic floor muscles, the part that surrounds your rectum. These are the muscles you want to tighten when doing these exercises. But you only want to exercise these muscles. If you feel your stomach, thigh, or buttock muscles move or tighten, you are using too many muscles, so you need to keep them relaxed while you squeeze your pelvic floor muscles. Remember, this should be a gentle and easy exercise.

01:21

Next, I want to tell you about the pelvic floor muscle. There are two different types of fibers in these muscles: fast twitch and slow twitch. You will do two types of exercises. Short or quick muscle contractions, and long or slow muscle contractions. The quick contractions build strength in your muscles, and the long contractions will bulk up your pelvic floor muscles. The quick contractions are two seconds in length, always followed by two seconds of relaxation. The long contractions are 10 seconds in length, always followed by 10 seconds of muscle relaxation.

02:05

Here's how to do them. You will start each exercise with 10 Fast muscle contractions or muscle squeezes followed by 10 long contractions. For these fast contractions. You will quickly squeeze the pelvic floor muscles as hard as you can and hold that squeeze for a count of two or two seconds, followed by a two-second rest. After 10 Fast muscle contractions, you will do 10 long muscle contractions. The goal was to contract and hold the muscle contraction for up to 10 seconds. But do not worry if at first you cannot get to a 10-second muscle squeeze. In time, you will get there. Remember to relax for 10 seconds after each 10-second contraction. You should try to practice 10 fast and 10 long contraction sessions two times each day.

02:58

Now let's start your pelvic floor muscle exercises. Contract your pelvic floor muscle quickly and as hard as you can. One, two, now relax.

03:10

Now contract and hold. One, two, now relax.

03:16

Now contract and hold. One, two, and relax.

03:23

Contract and squeeze. One, two, now relax.

03:30

Contract, one, two relax.

03:36

Contract quickly now. One, two, relax.

03:42

Contract your muscles quickly and as hard as you can for one, two, relax.

03:49

Now contract and hold. One, two, now relax.

03:53

Contract and squeeze. One, two, and relax.

03:56

Contract quickly and hard one and two. Now relax.

04:03

Very good job. Now let's move on to the long muscle contractions where you will squeeze and hold the squeeze for 10 seconds followed by 10 seconds of muscle relaxation.

04:20

Let's start. Contract and hold the muscles squeeze for one, two, three, four, five, six, seven, eight, nine, ten. Now relax

04:46

Now squeeze your pelvic floor muscles. One, two, three, four, five, six, seven, eight, nine, ten. Now relax,

05:11

Now squeeze your pelvic floor muscles and remember to keep your thighs stomach and buttocks relaxed. So squeeze one, two, three, four, five, six, seven, eight, nine, ten. Now relax,

05:45

Now contract and squeeze one, two, three, four, five, six, seven, eight, nine, ten. Now relax

06:18

Now contract the pelvic floor muscle, but keep your thighs, stomach and buttocks relaxed. Contract and hold one, two, three, four, five, six, seven, eight, nine, ten. Now relax.

07:00

Contract and squeeze the pelvic muscle. One, two, three, four, five, six, seven, eight, nine, ten, and relax,

07:32

Contract and squeeze. One, two, three, four, five, six, seven, eight, nine, ten. Now relax

08:05

Contract and squeeze your pelvic floor muscle one, two, three, four, five, six, seven, eight, nine, ten. Relax,

08:39

Contract and squeeze. One, two, three, four, five, six, seven, eight, nine, ten, and relax.

09:11

Contract and squeeze. One, two, three, four, five, six, seven, eight, nine, ten.

09:44

Okay, you are done. Great job. You're making great progress towards a healthier you and better bladder control.