

Pelvic Exercises after Prostate Surgery

Pelvic exercises (Kegel) are done to help strengthen the muscles around the bladder and bladder opening in order to improve symptoms of urinary incontinence. When the exercises are done correctly, urinary continence may be restored. **It is recommended that you practice before surgery.**

Identifying the pelvic muscles

- Tighten your rectum as if trying **not** to have a bowel movement or not to pass gas.
- Imagine that you are stopping the flow of urine.
- Do **not** do the exercises by actually stopping the flow of your urine.
- Do **not** tighten the muscles in your abdomen, buttocks, legs or thighs as part of the exercise.

How to do Pelvic Exercises?

- Start by tightening and holding your pelvic muscles for 2 to 3 seconds.
- Relax for as long as you tightened the muscles.
- Do not hold your breath. You should breathe normally during the exercises.
- Do 10 sets of the exercise at a time, 3 times a day. You may do these hourly if possible.
- As you get better and your muscles get stronger, you should increase the length of time that you tighten and hold the muscles to 10 seconds.

When to do Pelvic Exercises?

The exercises can be done anytime and anywhere. You can do them standing, sitting or lying down. The fun part is that you do not have to set aside a specific time to do them.