

## **Pelvic Floor Exercises (Kegels) for beginners or those who have difficulty retaining IncoStress**

If you are having difficulty retaining **IncoStress**, you need to strengthen the pelvic floor muscles to help you with retention. Pelvic floor exercises (or Kegels) are exercises used to strengthen the muscles in your pelvic floor that help to keep you clean and dry. Like all the muscles in your body, without proper exercise these can become weak and cause involuntary loss of urine.

Assessment of **your** pelvic floor is important and that if you are **not** improving it is **strongly** recommended you are assessed properly by a specialist.



*Insert the IncoStress as far as it will go, it will find its own comfortable spot within the vagina.*

### **Purpose of pelvic floor exercises:**

Improve tone of the perineal muscles and pelvic organ support.  
Prevent urinary incontinence or regain bladder control.  
Prevent conditions such as pelvic organ prolapse.

### **Find a comfortable position to insert:**

Any position will work. See information for instruction leaflet.  
One that eliminates the force of gravity, such as lying down may be easier.

### **When to do the exercises:**

Try this at least twice a day – at least morning and evening to work the inner core muscles.

### **Before you do the exercises:**

**Engage your core before any exercise.** How do you do that? - Breath from your thorax (middle part of the body) - take a deep breath in and feel your ribcage expand, as you exhale slowly pull your belly button away from your clothes. If you were lying down and had a glass of water on your tummy it would not spill - ie as you breath your tummy should not go up and down, imagine you have a pair of really tight jeans on.”

**Do this 5 times before you begin the pelvic floor training.**

### **Exercises:**

There are 3 sets of exercises involving slow and quick engagement of the pelvic floor muscles, and are progressive. We take you from the sitting position, to standing and then walking. If you find your IncoStress slips down as soon as you stand, don't worry, keep on practicing the sitting position until you build up the pelvic floor strength to go to the next level.

These exercises comprise of quick and slow squeezes, ensuring that your pelvic floor muscles get the best work out.

### **Sitting position**

Sit on firm chair (dining chair) or on a birthing ball, ensure your legs are at a 90 degree angle to your body. Back straight and feet hip width apart flat on the floor.

### **Slow pelvic floor counts**

Tightly contract the muscles surrounding **IncoStress** in the vagina with an internal squeeze and imagine you pulling up the **IncoStress** to your navel.

Count aloud to 5 slowly and each count squeeze tighter and tighter. (1-second 2 second 3 second 4 second 5 second) Counting aloud will help with breathing. On the 5<sup>th</sup> count hold this position for another 5 slow seconds.

Relax the muscles (DO NOT PUSH) for a count of 5. Repeat this 3 or 5 times (or as much as you can manage to start)

Next exercise is the fast counts:

### ***Fast pelvic floor counts***

Tightly contract the muscles surrounding **IncoStress** with the vagina.

Count aloud to 5 quickly and with each count squeeze tighter and tighter. (1. 2 . 3 . 4 . 5 At the count of 5 relax the muscles (DO NOT PUSH) for a fast count of 5. And then again squeeze quickly for another count of 5

Note: on the fast counts you will **not** hold for 5 seconds but will go straight back into the squeeze for 5

Repeat 3 or 5 times or as much as you feel you can do.

Now onto the standing position.

### **Stand with your feet hip width apart.**

Repeat the sitting exercise the same way for standing.

### **Walking**

#### ***Walking is done to slow pelvic floor counts***

Stand, tightly contract the muscles surrounding **IncoStress** in the vagina with an internal squeeze and imagine you pulling up the **IncoStress** to your navel.

Count aloud to 5 slowly and each count squeeze tighter and tighter. (1-second 2 second 3 second 4 second 5 second) Counting aloud will help with breathing. On the 5<sup>th</sup> count hold this position for another 5 slow seconds.

On the 5<sup>th</sup> second continue to hold and take 5 steps forward squeezing on each step. At the end of the 5<sup>th</sup> step relax (DO NOT PUSH) then repeat the steps for walking.

### **Where:**

EVERYWHERE!! If you are doing the exercises right, no one will know you are doing them! Some ideas:

At red lights (but be careful of the 'sagged position of the pelvic floor')

During commercials on TV, While brushing your teeth, When coughing, sneezing, laughing or climbing stairs

**IncoStress** is safe to use right through the night to give you extra support.

We also recommend you read *Hold It Sister* written by leading Australian physiotherapist Mary O'Dwyer.

This book is easy to follow with proven effective results following the different exercises.

*Hold It Sister* is available from all bookstores and [www.incostress.com](http://www.incostress.com)

You will find the instructions indicating that IncoStress is to be removed every 8 hours and before going to the toilet. Please note that these are recommendations only. You may find that with practise your pelvic tone will improve and you will be able to keep your IncoStress in whilst emptying the bladder and bowels.

If you have any questions we are here to listen.

Please write to us :

C&G Medicare Ltd  
Williams House  
11-15 Columbus Walk  
Off Brigantine Place  
Cardiff  
CF10 4BY

If you need direct answers to any of your questions please email: [info@incostress.com](mailto:info@incostress.com)

**IncoClean- Cleans, sanitizes and protects your IncoStress as well as other intimate products. Eco-friendly, PH balanced, safe to use on Skin.**

