

## KEGEL EXERCISES FOR URINARY CONTINENCE

Compiled by Charles (Chuck) Maack – Prostate Cancer Advocate/Activist

**DISCLAIMER:** Please recognize that I am not a Medical Doctor. I have been an avid student researching and studying prostate cancer as a survivor and continuing patient since 1992. I have dedicated my retirement years to continued research and study in order to serve as an advocate for prostate cancer awareness, and, from a activist patient's viewpoint, to voluntarily help patients, caregivers, and others interested develop an understanding of prostate cancer, its treatment options, and the treatment of the side effects that often accompany treatment. There is absolutely no charge for my mentoring – I provide this free service as one who has been there and hoping to make your journey one with better understanding and knowledge than was available to me when I was diagnosed so many years ago. Readers of this paper must understand that the comments or recommendations I make are not intended to be the procedure to blindly follow; rather, they are to be reviewed as my opinion, then used for further personal research, study, and subsequent discussion with the medical professional/physician providing your prostate cancer care.

Men are encouraged to begin Kegel exercises prior to surgical removal of the prostate gland as well as after, as well as before and during radiation to the prostate gland and its periphery to hopefully enable early recovery from incontinence caused by these treatment procedures. Kegel exercises help to strengthen the pubococcygeus muscle in the pelvic floor that may have been weakened from surgical removal of the prostate gland. This muscle, located between the pubic bone and tail bone, when strengthened, is the open/close muscle that controls urinary flow from the urethra to continuation out of the body through the penis.

While urinating, try to stop the flow completely. This will identify the pubococcygeus muscle and is the muscle you want to exercise. You should notice the testicles tightening up when performing this exercise. Be sure to distinguish this muscle from anal muscles.

It is best to perform kegel exercises when your bladder is completely empty. You can then practice tightening this muscle regularly. You can do it anytime and anywhere and no one else will even notice. Driving the car – in a restaurant – at a meeting – at the movies – watching TV - ANYWHERE.

Just squeeze and hold the muscle tightening for a few seconds, then release. Repeat this procedure and increase holding time until you feel the muscle tiring. As you improve on this technique, you should be able to squeeze and hold this tightening for several more seconds. Continue this practice and repeat the “holding” off and on with several repetitions as often as you feel comfortable. In other words, set yourself a routine of how long to hold and how many repetitions. As you improve and can perform the routine with more ease, likely within a month or so you should find that your urinary continence well on the way to recovery.

See <http://www.kegelsfortips.com/how-to-do-kegels/>