

Pelvic Floor Exercises



Insert the KeyGal as far as it will go; it will find its own comfortable spot within the vagina. Assessment of your pelvic floor is important, so bear in mind that if over time you are not improving, we strongly recommended that you be assessed by a specialist.

Before you start

Purpose of pelvic floor exercises:

Pelvic floor exercises (or Kegels) are exercises used to strengthen the muscles in your pelvic floor that help to improve sexual sensation and 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.

If you are having difficulty retaining KeyGal, you need to strengthen the pelvic floor muscles to help you with retention. This will help to: improve tone of the perineal muscles and pelvic organ support; prevent urinary incontinence or regain bladder control; and prevent conditions such as pelvic organ prolapse.



When to do the exercises:

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

Before you do the exercises:

Engage your core before any exercise: breathe from your thorax (middle part of the body) - take a deep breath in and feel your ribcage expand, then as you exhale slowly pull your belly button away from your clothes so that as you breathe your tummy should not go up and down.

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

On to the exercises

There are 3 progressive sets of exercises involving slow and quick engagement of the pelvic floor muscles. We take you from the sitting position, to standing and then walking. If you find your KeyGal 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.

1. Let's start with the SITTING POSITION

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

First, slow pelvic floor counts:

- Tightly contract the muscles surrounding KeyGal in the vagina with an internal squeeze and imagine you are pulling up the KeyGal to your navel.
- Count slowly to 5, aloud, with each count squeezing tighter and tighter. On the 5th count hold this position for another 5 slow seconds.
- Relax the muscles (don't push) for a count of 5, then repeat this 3 to 5 times (or as much as you can manage to start)

Next, fast counts:

Tightly contract the muscles surrounding KeyGal with the vagina.

Count aloud to 5 quickly and with each count squeeze tighter and tighter. At the count of 5 relax the muscles (don't push) for a fast count of 5. Then repeat 3 to 5 times or as much as you feel you can do.

Note: on the fast counts you should NOT hold for 5 seconds.

2. Now onto the STANDING POSITION.

Stand with your feet hip width apart and repeat the sitting exercises the same way, only standing.

3. And now you're ready to exercise while WALKING to slow pelvic floor counts

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

Count to 5 slowly, aloud, and with each count squeeze tighter and tighter. On the 5th count hold this position for another 5 slow seconds.

On the 5th second continue to hold and take 5 steps forward, squeezing on each step. At the end of the 5th step relax (don't push), then repeat.

Where should you workout with KeyGal?

Everywhere! If you are doing the exercises right, no one will know you are doing them: at red lights (but be careful of the 'sagged' position of the pelvic floor); during TV commercials; brushing your teeth; even when coughing, sneezing, laughing or climbing stairs.

KeyGal 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.

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

If you need direct answers to any of your questions please email us via our website www.keygal.com or call us on 0871 218 1233 and ask for a call back to a landline. If you have any questions we are here to listen.



Check out: KeyGal Clean

Cleans, sanitizes and protects your KeyGal as well as other intimate products, KeyGal Clean is eco-friendly, pH balanced and safe to use on skin.

KeyGal is manufactured in the UK by C&G Medicare Ltd under strict medical cleanroom conditions. Our sales office can be found at (please direct all mail and queries here)

C&G Medicare Ltd, IJWS Suite 19, Sandfields Business Centre, Purcell Avenue, Port Talbot SA12 7PT Tel: 0871 218 1233

Our registered office is C&G Medicare Ltd, 44 Victoria Gardens, Neath SA11 3BH

Company registration 05949325

www.KeyGal.com

Telephone: 0871 218 1233
email: info@candgmedicare.com