

Annotation: Kegel Exercises

Referring to the article on Kegel exercises, it has to be realized that urinary incontinence in women with cystocele can seriously disrupt the quality of life of the sufferer with incomplete bladder emptying, weak stream etc.

Kegels exercises, recommended by American Urological Association, can be performed in various schedules, either as recommended by the author of the article, in context or as tightening of the pelvic floor muscles, holding the contraction for 5 seconds and relaxing for 5 seconds, with the process to be repeated 5 times in a row, at least 5 times a day. The crux of the matter however is to identify one`s pelvic floor muscles, which can be done best by interrupting the process of micturition. In case of incomplete improvement despite all efforts certain medications can be used also, the overall aim being to avoid uncalled for surgeries.

Referring to <http://www.mayoclinic.com/health/kegel-exercises/WO00119>, and www.patient.co.uk/health/pelvic-Floor-Exercises.html will be of added help.

Editor-in-Chief

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Peer Review

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