



# THE BENEFITS OF PELVIC FLOOR MUSCLE TRAINING

Why All Women Should Do Kegel Exercises

 PERICOACH®

You've probably heard of Kegel exercises, but what exactly is the *pelvic floor*?

In a nutshell, it's the hammock-like system of muscles that stretches across your pelvis, keeping your uterus, bladder, and bowel firmly in place.

When you do "Kegels," you're exercising the muscles of the pelvic floor.

## Your Pelvic Floor: Holding Everything in Place

# Weak Pelvic Floor Muscles: A Common Problem

It's not uncommon for the pelvic floor muscles to weaken over time—this is especially true for women, whose muscles endure the stress and strain of pregnancy and childbirth.

Kegels are simple clench-and-release exercises that help strengthen the pelvic floor muscles.

**Why do them?** We'll give you 5 good reasons. Read on.

# #1 Fewer Bladder Leaks

Ask any number of your female friends, and you might be surprised to hear how many have bladder leaks, even if it's just a few drops every now and then.

It's called urinary incontinence (UI), and it's very common—1 in 3 women will experience it at some point.

There are different types of UI—the most common form is stress urinary incontinence, which is when you leak a few drops or small stream of urine when you laugh, cough, sneeze, or strain.

A woman's first line of defense against UI? You guessed it: strengthening the pelvic floor muscles.





## #2 Pumped-Up Pushing Power During Labor

Strong pelvic floor muscles give you greater control during labor and delivery.

One study found that women who did pelvic floor exercises from weeks 20 to 36 of their pregnancy experienced an easier (second stage) labor than women who didn't do Kegels during their pregnancy.

It may seem counterintuitive, since Kegels are known to tighten the muscles of the vagina, but in fact strong pelvic floor muscles help facilitate labor.

Moms-to-be: Do your Kegels!



## #3 Longer, Stronger Orgasms

The pelvic floor muscles (technically called the *pubococcygeus muscle*) surround the entire vagina and contract during orgasm.

Strengthening these muscles can help increase blood flow to the pelvic region, which in turn can increase sexual arousal, boost natural lubrication, and intensify vaginal and clitoral sensation—claims that are backed by science.

**Bottom line:** Stronger pelvic floor muscles may lead to stronger, longer orgasms.

## #4 Reduce Risk of Prolapse

Pelvic organ prolapse occurs when an organ in the pelvic region, such as the bladder or uterus, slips from its normal position. It's most often associated with straining during childbirth.

A prolapsed organ can press against the vagina or bladder and cause problems like stress urinary incontinence. Most cases of prolapse are mild and can be corrected by strengthening the pelvic floor muscles.

Learn more about [pelvic organ prolapse](#) and symptoms.





## #5 Improved Confidence

Pelvic floor exercises help you get to know your body more intimately.

This knowledge is confidence-boosting in itself, but add to it:

- Improved muscle control
- Stronger orgasms
- Tighter vaginal muscles
- Fewer worries about bladder leaks

Now we're *talking*.



# How to Do Kegels

Kegels are easy to learn, but it's important to do them correctly. In a nutshell, once you've identified the right muscles, you **squeeze, hold, release,** and **repeat**. Check out our [step-by-step guide](#) to Kegel exercises.

Many women find using a pelvic floor exerciser, like PeriCoach, helpful. PeriCoach is a vaginally-insertable pelvic floor exercise device that guides you through Kegel exercises, shows your progress in real-time, and tracks your progress.

**Ladies:** Here's to improved confidence and sexual satisfaction with stronger pelvic floor muscles.



# ABOUT PERICOACH

The PeriCoach system is a vaginally-insertable pelvic floor biofeedback device designed to guide women through Kegel exercises. PeriCoach is outfitted with sensors that detect the contraction of your muscles as you squeeze against the device, and it pairs with your smartphone (via Bluetooth) so you can see your muscles working in real-time.

In just five minutes a day you can help strengthen your pelvic floor muscles and help reverse or eliminate the symptoms of prolapse, including bladder leakage. The PeriCoach system is FDA-cleared, which means it has met stringent product safety requirements and is safe to use.

[Learn more](#) about PeriCoach, and [hear stories](#) from real women about their experience using the PeriCoach system.



# SOURCES

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