

Kegel exercises strengthen the pelvic floor muscles. You may have learned them if you've had a pregnancy, but strong pelvic floor muscles are even more important as we age, discouraging incontinence and encouraging orgasm.

When pelvic floor muscles weaken, the uterus, bladder, and/or bowel can descend or bulge—called a prolapse—into the vagina. Symptoms of pelvic organ prolapse include uncomfortable pressure and changes in bladder and bowel function. Weak pelvic floor muscles mean weak orgasms, too.

Luckily, strengthening your pelvic floor muscles is easy to do, and even enjoyable once you get the hang of it.

Kegel tools

Tools—weighted balls or barbells—can help you do Kegel exercises more effectively. Especially for beginners, a little weight in the vagina helps you isolate the correct muscles and gives you an object to focus upon. It's easy to feel a vaginal weight shift as you flex your muscles.

Climax Kegel Balls

The Climax Kegel Balls are made of clear glass, joined by a smooth silicone strap, and are designed to help strengthen and tone your pelvic floor muscles.

304A \$18.99



Luna Beads

Comes with 4 interchangeable, 1 1/2-inch-diameter beads, so you can increase the challenge as your muscles strengthen. Includes manual and one-year warranty.

301A \$39.99



Energie Kegel Barbell

Ergonomically shaped and designed for comfort. Weighs 396 grams, enabling kegel muscles to be exercised against resistance for higher-level results.

302A \$39.99



How to do kegels

First locate the correct muscles: The same muscles you use to stop the flow of urine are the muscles you want to exercise. Now try this: Insert one or two fingers inside your vagina and squeeze it around them. When you feel your vagina tighten, you have the right muscles. Relax those muscles.

1. To perform Kegel exercises, start with an empty bladder. Sit, stand, or lie down—whatever is comfortable for you.
2. If you're using a Kegel tool, insert it into your vagina.
3. Contract your pelvic floor muscles and hold for five seconds. Completely relax your muscles for five seconds.
4. Repeat the contraction/relaxation exercise 10 to 15 times.
5. When you are comfortable with five-second contractions, add another second to your contraction cycles, working your way up to 10-second contractions and 10-second rest periods.

Remember to focus on isolating the pelvic floor muscles alone. Don't flex your abdominal muscles, thighs, or buttocks during the exercises.

Where can I buy kegel tools?

Kegel tools can be discreetly purchased at MiddlesexMD.com or by calling 888-398-6763. You can also place your order by emailing Orders@MiddlesexMD.com.

MiddlesexMD.com is a safe, comfortable guide to the changes that come with menopause and how those changes can alter the way you experience sex.

*While this information has been carefully prepared, it is not meant to be a substitute for professional medical advice. Please consult your practitioner to discuss any questions you may have regarding any medical condition and the most appropriate treatment options for you.