

Reverse Kegel training guide

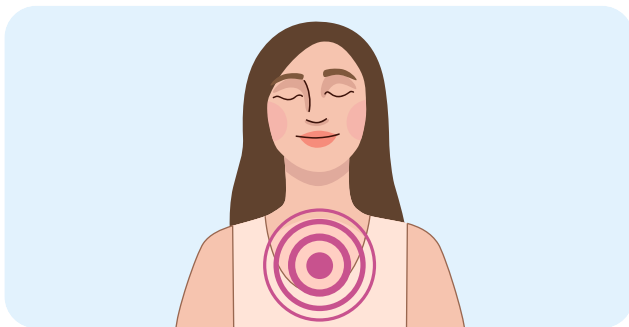
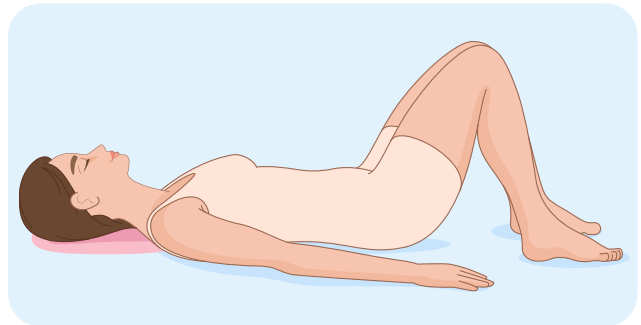
By incorporating reverse Kegel exercises into your routine, you can improve pelvic floor relaxation, reduce tension, and enhance overall pelvic health. Remember to be patient and consistent with your practice to see the best results. If you have any concerns or experience pain during exercises, consider consulting a healthcare provider or pelvic floor specialist.

How to do reverse Kegels

Follow these steps to perform reverse Kegel exercises correctly:

1. Find a comfortable position

Start by sitting comfortably, lying on your back, or standing. Find a position where you can focus on your body without distractions.

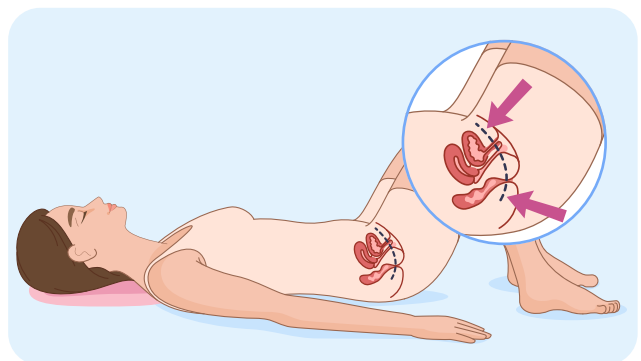


2. Focus on your breathing

Breathe deeply and slowly through your nose, expanding your diaphragm as you inhale. Focus on taking slow, deep breaths to promote relaxation.

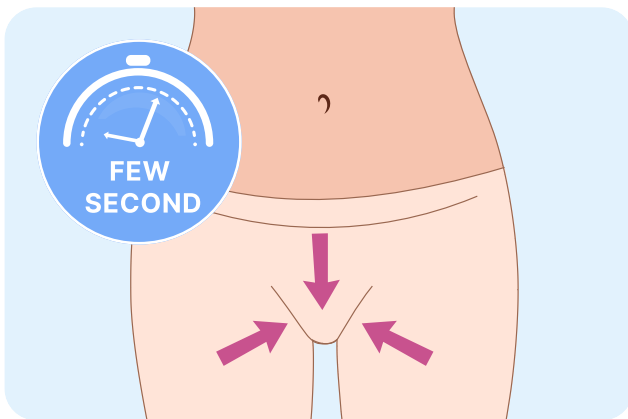
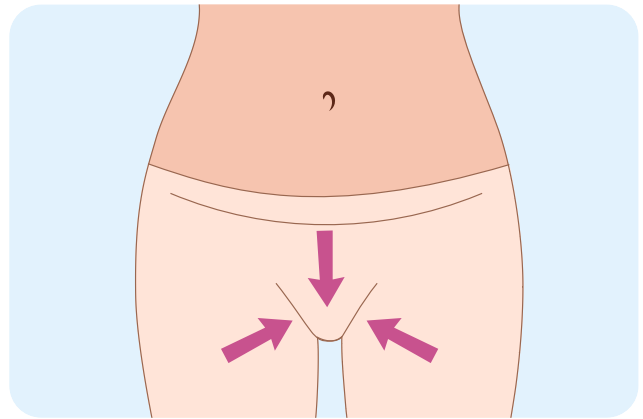
3. Locate your pelvic floor muscles

The pelvic floor muscles are the ones you use to stop urination or prevent passing gas. To practice reverse Kegels, you need to first locate the pelvic floor area and become aware of how to relax it.



4. Relax the pelvic floor

As you inhale deeply, gently focus on the feeling of relaxing or “releasing” the muscles of your pelvic floor. Imagine the pelvic muscles gently dropping or opening, like you’re letting go of any tightness. You may feel a slight downward movement of the muscles as they relax.

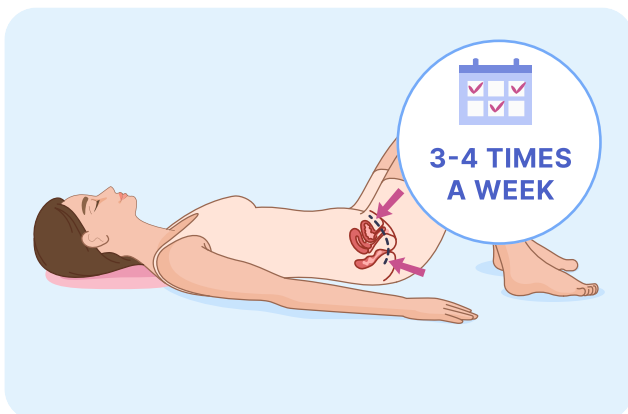
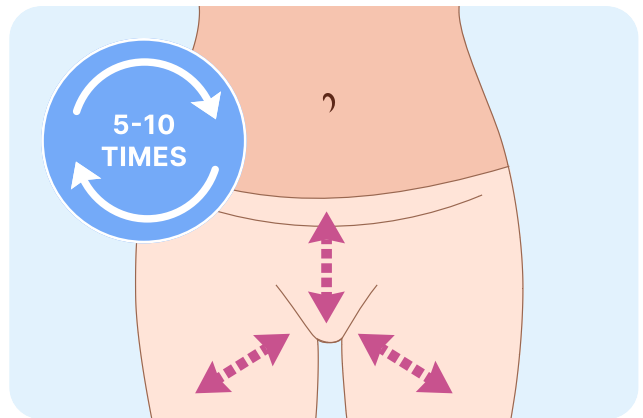


5. Hold the relaxation

Hold the relaxed state for a few seconds, focusing on maintaining a deep, steady breath. Allow the muscles to release fully and avoid tightening them.

6. Repeat the exercise

Repeat the reverse Kegel exercise 5-10 times, gradually increasing the duration of relaxation as you become more comfortable with the technique. Make sure to keep your abdominal and glute muscles relaxed during the exercise.



7. Incorporate into the daily routine

Practice reverse Kegels regularly—ideally 3-4 times a week—to help strengthen the pelvic floor and improve its flexibility over time.

Tips for effective reverse kegel training

- **Avoid straining:** If you feel any strain or discomfort, stop the exercise and try again later. The key to reverse Kegels is relaxation, so do not force the muscles to relax.
- **Combine with traditional Kegels:** For balanced pelvic health, combine reverse Kegels with traditional Kegel exercises. Traditional Kegels strengthen the muscles, while reverse Kegels help them relax and maintain flexibility.
- **Use visualization:** Visualize the pelvic floor muscles gently opening or dropping down as you breathe out. This can enhance your focus and improve the effectiveness of the exercise.
- **Stay consistent:** Like any other exercise, consistency is key. Practice reverse Kegels regularly to maintain pelvic floor health and relieve pelvic tension.

When to consider reverse Kegel exercises



Pelvic floor tension: If you experience pelvic pain, tightness, or discomfort, reverse Kegels can help release that tension.



Postpartum recovery: Reverse Kegels are a useful tool for recovering from childbirth by relaxing the pelvic floor and improving muscle coordination.



Urinary incontinence: For those dealing with urinary incontinence, reverse Kegels can aid in relieving pelvic floor tightness and improving bladder control.



Painful intercourse: If pelvic floor tightness is contributing to painful intercourse, reverse Kegels can help relax the muscles and improve sexual comfort.

