



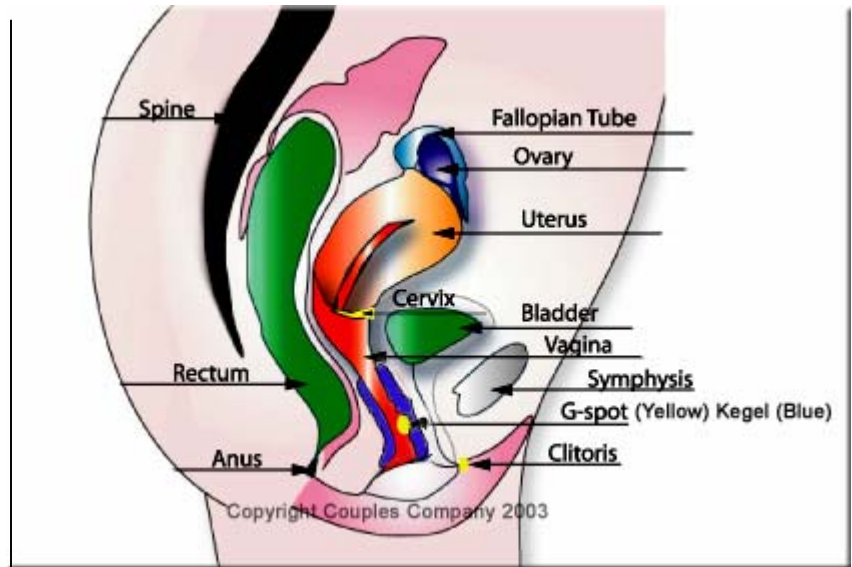
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*A Couples Company
Exclusive*

Kegel Exercises

**What they are Part I
& How to find and do them Part II**

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Medical Illustrations & Female
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Dear Chris

I would like a detailed explanation of the “Kegel” pretty much the pro sexual effects of it and the benefits. I am 45, my girlfriend is 34; she has problems reaching climaxes. She gets close all the time but seldom climaxes. I understand Kegel exercises will help her achieve orgasm and I would like to be able to tell her how to do them. I haven’t been able to find an explanation satisfactory that I feel she could use. Can you please explain Kegels for women and how these benefit them? Thanks.

Mr. Diz (M) 45
Boston, MA

Diz, thanks for writing. The commonly referred to “Kegel” Exercise was name so because of Arnold H. Kegel M.D., F.A.C.S. Assistant Professor of Gynecology University of Southern California School of Medicine 1948. Let’s see if I can put this in a format your girlfriend can understand, use and benefit from!

The Official Explanation:

This may be a little bit too technical for most.

Dr. Kegel's research involving the Pubococcygeus is a concept that primarily deals with post pregnancy and urinary stress incontinence, the sexual benefits were just a bonus. He proved that the PCG (Pubococcygeus) would be able to regenerate even after a prolonged state of misuse or complete neglect resulting in near total atrophy and that this muscle can be increasingly strengthened through controlled vaginal contractions starting from a manual contraction and eventually becoming a reflex contraction. This is based mainly on the idea that consistent exercise would increase both the strength and the elasticity of muscles, in this case the PCG (Pubococcygeus).

Pubococcygeus, this is a muscle in the posterior surface of pubis and anterior half of fascial line over the obturator internus.

The Real People Explanation:

Pubococcygeus, which non-doctor people refer to as the *Kegel Muscle* is in the groin area and helps control the vaginal opening and the passageway for the bladder.

For 18 years Dr. Kegel study this area of the body and specifically this muscle. He found that, as an average 1 out of 3 woman did not realize that this muscle was capable of being controlled (the muscles of the vagina). In many of these women this muscle was extremely atrophied (withered). Fortunately he found that the muscles of this region are uncommonly resilient, in how much they can be stretched as in the case of childbirth and to what level of deterioration that they can recover from.

What is the difference between an unhealthy Kegel muscle & a healthy Kegel?

Think of a rubber band. When that rubber band is new, it is tough and snaps back. As it ages, it becomes fragile, cracked and doesn't hold well. A healthy Kegel is like a new rubber band: tight, taunt and resilient. An unhealthy Kegel is like an old rubber band, overly relaxed, loose and not functioning correctly.

How to tell if your Kegel is out of shape:

When inserting a finger into the vagina to the second joint (or about 3 to 5 Centimeters), if the vaginal walls feel as if they give in all directions (If you can push and there is little resistance, if it feels like Jell-o is behind the walls rather than compressed foam barriers, the Kegel muscle is out of shape).

You'll need to feel in all directions. Between 1 ½ and 2-inches in you will feel a soft mushy portion on the abdomen side of the vaginal wall, (as apposed to the spine side) about the size of a quarter. This is supposed to be mushy. The common term for this spot is the G-spot. Gently scratch the G-spot with a fingernail and the Kegel muscles should begin to fluctuate and twitter in response.

Weak Kegel muscles cause a decrease in sexual sensation for both her and him by reducing the amount of pressure throughout the length of the vagina. She is unable to hold him inside (clamp her vaginal walls around his inserted penis) and he is required to move faster and pump more to create friction, numbing any chance she has to orgasm.

Kegel muscles out of shape may result in the depth or length of the vaginal channel diminishing. For many women this is the cause of painful intercourse. Until she is fully aroused, her cervix remains in place. Only at full arousal does it draw back making the passageway longer. When a man becomes aroused, his penis enlarges in length and width. When a woman is aroused, her cervix pulls back and elongates her vagina to accommodate him. Without healthy muscles in the region to do this, inside he becomes a battering ram slamming into a cervix, which is too close for comfort. For a woman inside, this feels like someone just grabbed her uterus and tried to pull it through her belly button.

In Summary:

Healthy Kegel muscle:

- Tight (even pressure on all walls)
- Feels like strong miniature bicep muscle beneath the vaginal wall surrounded by a thin sheath of cellophane. You will feel this when you press on the wall. You will have to look for it.
- Tickling the G-spot or stimulating the area causes the vagina to elongate, which you can feel happening.

Signs of an unhealthy Kegel muscle

- Loose (some areas may be tight while others feel like you just stuck your finger in a bog).
- Jell-o like consistency inside the vagina
- Frequent pain during intercourse where it feels like he's too big for you.
- Incontinence or bladder control problems, (which can also be caused by illness so have these checked out).
- Difficulty holding tampons in place



Part II: Kegel Exercises: Finding Muscle and How to Work it



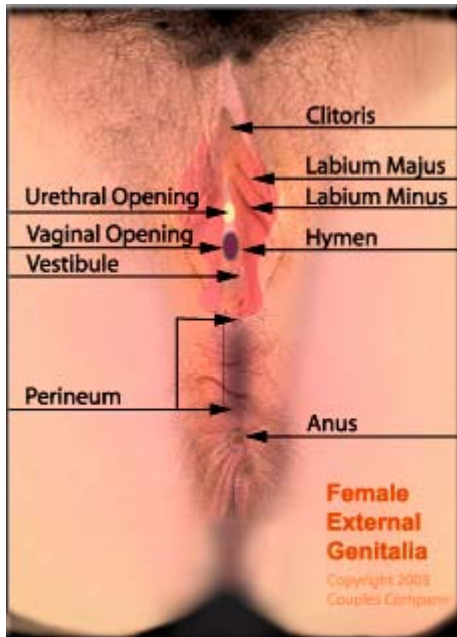
How to Strengthen the Kegel Muscle:

Practicing the exercises that Dr Kegel recommends may not cure anything, but they will give direction in combating these problems.

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Muscle Education: Finding the Kegel

First of all, you can't work your Kegel muscle unless you know which one it is so finding it is job one. Many people errantly believe the Kegel is the muscle, which starts and stops urination, the Iliococcygeus. This is only partly true. The Kegel plays a minor role in this activity and strengthening the urinary muscles will not take you anywhere with your Kegel.



You'll need to get familiar with the female genitalia to locate the Kegel.

Patience, a sense of humor and a lack of embarrassment are required to find and train the Kegel.

Learning to find this muscle is very difficult. Only 1/3 of women are able to (or contract incorrect muscles such as the Iliococcygeus). Many can only contract it to a very small degree. The Kegel feels like strong miniature bicep muscle, the size of a man's middle finger, beneath the vaginal wall surrounded by a thin sheath of cellophane. You will feel this when you press on the wall. You will have to seek it out, as it is not obvious. If you are having a hard time finding the muscle, locate another muscle inside that you have control of. This is your starting point:

See Graphic of [External Genitalia](#) for location of Vagina. See Graphic of [Female Reproductive Organs](#) for general location of the Kegel muscle.

- Contract this muscle and the muscles around it until you are actually contracting the Kegel. You'll know you've hit the Kegel muscle when you feel flexing at the top of your vagina, close to the front of the body. This is where it is attached to

- the pubic bone. Another area you may isolate it is at the bottom of the vagina close to the back of your body.
- To find the place where the contraction will be at for the front or the “top” of the vagina insert the index finger only to the second joint and pass the tip of the finger on the side of the wall about 1 cm (or until a muscle is felt).
 - Follow this muscle “down” with your finger for a short distance almost to the urethra (where you urinate).
 - This may feel like a thin sheath or a large muscle almost as thick as a finger. If you feel contraction you have just found your Kegel muscle.

If you still have a hard time contracting this muscle, you can also find contractions close to the back of the body. To do this, you need to play proctologist.

Insert the finger deeply into the rectum. The Kegel can be found most easily close to the “butt-bone” (oscoccsyn) as this area has the most dramatic movement. Here you will feel the contractions or pinpoint the muscle so you can learn how to contract it.

Still can't find it? Don't worry. Nearly one third of women either can't contract it or can only do so to a very small degree. You may need your doctor to help you locate it (see paragraph below about the *Perineometer*). But let's try one last approach.

With your finger still inserted in your anus, contract your anus; use a little bit of pressure until you are able to pull the muscle against your finger. It will feel like a large finger on the other side of the wall.

Kegel Confusion:

A general mistake is to use unrelated muscles (abdominal, gluteal, orintraital regions) as the Kegel muscle. Many women errantly believe they are exercising the Kegel when in fact they are flexing the surrounding muscles. Complaints of fatigue, aching muscles of the back and abdomen or nervous irritability following exercises are usually due to unnecessary use of extraneous or non-Kegel muscles.

Resistive exercise the muscle and surrounding muscles

This is exactly what it sounds like, tension against an object. Most doctors whom practice or specialize in sexual health will have a device called a *Perineometer*. A *Perineometer* measures the strength of the Kegel muscle by reading the Millimeters Mercury (mm). This is the same manner that a blood pressure cuff registers your current blood pressure. The Definition of the *Perineometer* from Taber's Cyclopedic Medical Dictionary 17th Edition is:

“Perineometer: (Is an) apparatus for measuring pressure or force that is produced in the vagina when Pubococcygeus (Kegel) and levator ani muscles are contracted voluntarily.”

This device shows the amount of pressure she exerts with her Kegel muscles and helps her to monitor her progress in strengthening it.

Most people don't have access to a *Perineometer* and have to rely on the old fashion way called "digitizing". This means your finger (or your partner's finger) acts as the *Perineometer* and feels the amount pressure that is being exerted. Strengthening the Kegel muscles is really a couple's activity. Her partner is in a better position to monitor and help than she ever could be alone so testing and strengthening the Kegel can truly be a dual exercise between and intimate man and woman. This is also one exercise that really does enhance the sexual satisfaction of both so it is worth it to attack this issue together.

Once you have found the muscles involved in contraction it is recommended that you flex the Kegel muscle several times a day between 10 and 20 reps. It's something a woman can do anywhere because no one will know you're doing it but you. Check your progress periodically by during your annual exam with your doctor's *Perineometer* or with your partner's handy digitizer. With practice, flexing the Kegel will become second nature during sex lessening difficulties with orgasm or the pain caused by a weak muscle.

What Happens When the Kegel Muscles are Weak?

Dysfunction or relaxation of the Kegel muscle can also lead to or worsen:

- Urinary stress incontinence
- Cystocele
- Prolapse of the uterus (a downward tilt to the uterus.)

Decreased sexual interest.

What About All Those Weights for Kegel Exercises?

As you may or may not have noticed the topic of Kegel weights and other accessories like Ben Wa Balls. This was intentional. The only device that I did mention was the *Perineometer*. Why did I skip all of the aids? Because they do not work to strengthen just the Kegel muscle. In fact, if this is your objective, these products will reverse your progress. Here is the reason why.

When you start to add weight or anything that increases the amount of strength required to do Kegel exercises, you increase the use of neighboring muscles including:

- Compressor Urethra
- Iliococcygeus
- Bulbocavernosus
- Ishiocavernosus
- Superficial Transverse Perineal
- Deep Transverse Perineal
- Gluteus

Most people believe that the more muscles you work, the better. Not with Kegels. Using weights significantly increases the strength of the larger muscles and shifts the workout away from the Kegel muscles. Using weights for Kegel exercises undermines your efforts to strengthen the muscle and will not produce the desired effect.

How the weights work:

The weights are generally you'll a very small amount like 10 to 30 grams but you can get them up to **10 POUNDS!!!** Now that's like sticking your hand into a trash compactor and likely only a horse can handle that. The strength comes from the surrounding muscles and allows the "Kegel" muscle to become weaker and weaker eventually becoming absolutely useless. Since these supporting muscles cannot do the work of the Kegel muscle you can start to experience problems like was said earlier.

Can Men do Kegel Exercises?

For the male, he is capable of doing this exercise. He just needs to first locate this muscle (just like the female).

How does he find this muscle? Just like the female he "digitizes" by inserting his finger into his rectum the male can perform the same techniques to isolate and to flex the muscle. Unlike the female, strengthening this muscle in the man will not enhance heterosexual love making experiences.

