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Kegel technique ^[1]

Hi Alice!

Could you describe the male and female versions of the Kegel technique in detail, including mention of how often it should be practiced for the maximum benefit in the least amount of time?

KT?

Answer

Dear KT?,

Kegel exercises were developed by Dr. Arnold Kegel to help women, especially after childbirth, regain bladder control by strengthening their pelvic muscles. Dr. Kegel later discovered that his exercises also increased orgasm intensity. There are many variations, but the exercises are similar.

For women and men:

- Locate your pelvic muscles by stopping the flow of urine midstream.
- Contract the pelvic muscles hard for one second and then release them, ten times in a row, three times a day. Gradually increase the number of contractions so that by the end of one month, you are doing ten contractions, 20 times a day.
- Vary the exercise by holding the contraction for a count of three and then releasing it. You can mix the exercises up, some short and some long.
- Kegel during commercials, every time the phone rings, at each stoplight when you are driving or riding, while you are waiting for your Web search results — find your own regular pattern.
- Kegel when having sex for extra pleasure for you and your partner.
- Do the Kegels for a minimum of six weeks. Results will not be immediate, but eventually, you will be able to notice a difference.

Note: Some practitioners recommend that pregnant women do up to 100 extra Kegels per day to strengthen their pelvic muscles for the work they're about to do.

Alice!

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