

RECOVERY

kegel exercises and vumbuilding



What kind of exercises are best suited?

All you need to know about Kegel exercises

Meet the cutting-edge methodic of post-natal recovery

An interesting thing: the American gynecologist Arnold Kegel came up with his pelvic floor muscle training back in 1948, questions to his exercises remain relevant until now.

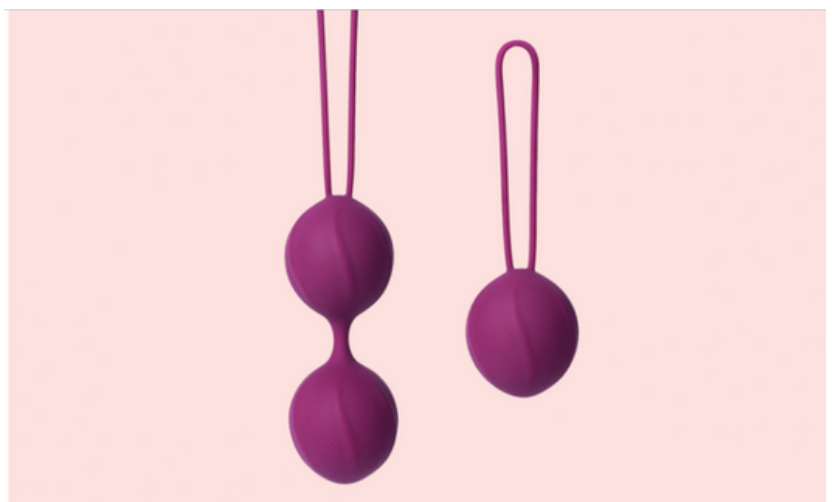
Like any exercise, they are truly beneficial for everyone. But they cannot be relied upon as the only way to treat problems. If we are talking about the omission, urinary incontinence, then these exercises can improve the condition, but in no case are the only means of treatment.

Also, these exercises teach a woman to control the muscles of the pelvic floor and improve her orgasmic sensations during sex.

There are practically no contraindications for performing these exercises. Only if a woman has a complete prolapse of the uterus, she simply will not be able to perform them. And if she can, there is a chance to hurt herself.

What are Kegel exercises?

Kegel exercises, also called pelvic floor exercises, strengthen your muscles of (what would you think?) the pelvic floor. These muscles support the uterus, bladder, rectum and small intestine. It is necessary to maintain them in order to fight incontinence of urine and feces, to prevent the loss of the uterus and, as a pleasant side effect, to improve orgasms. The idea that such training is exclusively a female prerogative has been established in public opinion, but Kegel exercises for men can also be useful.





Who needs to do Kegel exercises?

As is often happens with the case of health, as long as the muscles of your pelvic floor are working properly, you can't even think that trouble can happen to them or that, for example, you may experience incontinence problems. We hope that this will always be okay, but with age, the risk of muscle weakness increases. There is an additional risk factor here - the pelvic floor is in a horizontal position, and therefore sagging tissues are more noticeable than in other areas. If the internal organs go down and begin to literally sag, this is called pelvic organ prolapse. Pregnancy, vaginal birth, surgery can lead to it - and there may also be a genetic predisposition to prolapse. From both funny and sad news, the list of reasons also includes frequent sneezing, laughter or coughing.

How to perform Kegel exercises at home?

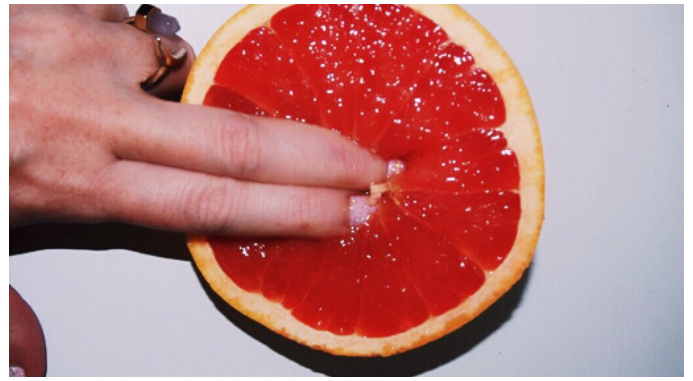
Squeeze the muscles of the pelvic floor for 3-5 seconds, then relax at the same time. Repeat 10 times - this counts as one set. If it's hard for you to do 10 times, try to do as many as possible. During the day repeat the exercises three sets of 10 times or as many as you can. In order not to forget, associate them with some other habit: with brushing your teeth, having a snack or watching your favorite series.

Of the important warnings - before performing Kegel exercises, it is important to empty the bladder, otherwise, you risk getting a urinary tract infection. Beginners can sometimes be confused by such exercises - or require more attention. In this case, try to find a secluded place for training - preferably one where you can do lying exercises. Subsequently, if you exercise regularly, you will find that you can do them everywhere.



By the way, for the correct execution of Kegel's exercises, quite a lot of toys have already been invented: cute and comfortable, they turn the training into a game. We recommend the G Balls simulator: it responds to compression with a pleasant vibration and synchronizes with the application on the phone, on which you can go through different levels.

And you can use it just like a vibrator - when you train your muscles enough and it will cease to be interesting to you.



When the results will be noticeable?

Most people who regularly perform Kegel exercises notice results – for example, muscle strengthening, an improvement in urinary incontinence – after a few weeks or a month. But if this does not happen in your case, do not rush to lose heart - there is information that sometimes it can take up to several months to achieve success. In addition, different organisms respond to Kegel exercises differently: for example, someone can really succeed, and someone can only prevent a deterioration. But, you must admit, this is also important.

Warnings

If you feel pain after a Kegel exercise session, this is a sign that you did something wrong. Remember: when contracting the muscles of the pelvic floor,

it is very important that the other muscles in the body remain relaxed. And, of course, it is very important not to overwork: you should not strain muscles more than 30 times a day. They can get tired and refuse to perform basic functions.

To whom are Kegel exercises contraindicated?

As experts explain, there are no strict contraindications to performing these exercises. It is worth being careful if you have a complete prolapse and prolapse of the uterus - then you can hurt yourself. In addition, Kegel should be abandoned for girls who have experienced premature birth or miscarriage, and those who have been diagnosed with cancer. And, of course, it makes sense to save yourself in the postoperative period.

In addition to Kegel's exercises, it's worth trying to practice *vumbuilding*, developed by a different technique. If the lower tract of the genitourinary system mainly works in Kegel's exercises, then the whole vaginal tract works from the entrance to the cervix in the method of Muranivsky vumbuilding. In this case, the emphasis is on a woman being able to feel her intimate muscles along the entire length of the vagina.

Moreover, it helps to learn to control these muscles! The result of intimate gymnastics in connection with the new sensations of sexual intercourse can be considered as a pleasant bonus, but not the original goal. Intimate muscle tension causes the release of sex hormones. As a result, libido rises, the sensation of one's own attractiveness strengthens, and sexual life improves.

After training intimate muscles, blood circulation in the pelvic organs is stimulated, and sensations from sex change. The average duration of orgasm in women is 20 seconds, but it can become longer and brighter.

