

Metroplex Colon & Rectal Specialist

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PERINEAL MUSCLE STRENGTHENING EXERCISES

The following are descriptions of two types of perineal & anal muscle strengthening exercises. When performed on a regular basis, these exercises may improve the overall strength of some of the muscles necessary for maintaining continence. Just like any muscle, it may take a while to reach a specific level of strength, and once you stop, its strength may decline.

1. PELVIC TILTS OR GLUTEAL SETS

This should be performed while lying flat on your back. Bend your knees & place the soles of your feet on the floor. For support of your lower back, place the back of your hands under the small of your back (lower back). Slowly pinch (squeeze) your buttocks together while slightly raising your pelvis towards the ceiling. Hold for 5 to 10 seconds, relax and repeat 10 to 20 times. Again, the duration of the squeeze and number of repetitions will vary.

2. ANAL WINKS

These exercises may be performed anywhere and anytime. For example, they may be performed while driving and this is an opportune time since it does not take time from your busy day. Tighten your anal muscles as if you were trying to hold back a bowel movement. Hold for 10 seconds, relax and repeat 10 to 20 times. Again, the duration of the squeeze & number of repetitions will vary, but should be performed at least 3 to 4 times per day.