

SEXUAL RETRAINING ASSIGNMENT 12

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Date: _____ Time: _____

Pubococcygeus (PC) Muscle Exercise (Kegel Exercises)

- STEP 1:** Identify the sensation of tightening and relaxing this muscle. While sitting on the toilet to urinate, spread your legs apart. Start urination. Then stop urination for three seconds. Repeat this several times before you are finished emptying your bladder. Some women have difficulty stopping urination. Those women need to work on tightening the PC muscle. Other women need to work on the voluntary relaxing of the PC muscle. If you can do both easily, you only need to tighten and relax the PC muscle twenty-five times per day to keep it in good condition. For those who need to improve the voluntary control of their PC muscles, proceed with the steps below.
- STEP 2:** Do ten to twenty repetitions of this exercise one to four times per day: Gradually tighten the PC muscle tighter and tighter to the count of four. Then hold the muscle as tight as you can while you again count to four. Now gradually relax the muscle, letting go of the tension a little at a time as you count to four.
- STEP 3:** Do ten to twenty repetitions of this exercise one to four times per day: Start to tighten your vagina by thinking of bringing your labia (lips) closer together, like closing an elevator door. Imagine that your vagina is an elevator. You start to tighten at the ground floor. Bring the muscles up from floor to floor, tightening and holding at each floor. Keep your breathing even and relaxed. Do not hold your breath. Go to the fifth floor. Then go down, relaxing the tension of the muscle one floor at a time. When you get to the bottom, bear down as though you are opening the elevator door (the vagina) and letting something out.
- STEP 4:** Do ten to twenty repetitions of this exercise one to four times per day: rapidly tighten and relax the PC muscle at the opening of the vagina in a flickering or fluttering movement.

These exercises will improve genital sensation and responsiveness.