

# 凯格尔运动

## Kegel Exercises

凯格尔氏，或凯格尔运动是盆底肌肉运动，可以帮助您：

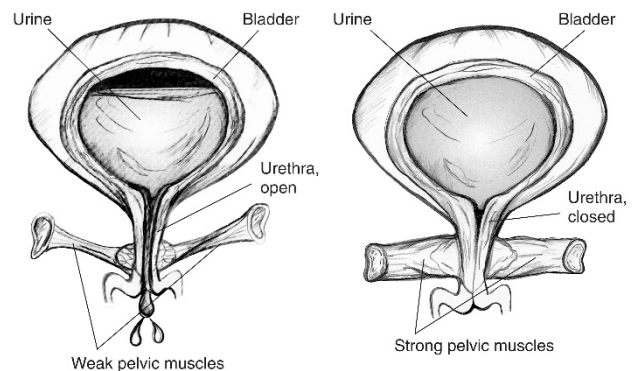
Kegels, or Kegel exercises, are pelvic floor muscle exercises that can help:

- 改善膀胱和肠道控制 Improve bladder and bowel control
- 预防**失禁**（意外漏尿或大便） Prevent **incontinence** (leaking pee or stool by accident)
- 控制**盆腔器官脱垂**（当骨盆中的器官从正常位置向下移动并凸入阴道） Manage **pelvic organ prolapse** (when organs in the pelvis move down from their normal position and bulge into the vagina)
- 改善性高潮和性反应 Improve orgasm and sexual response

为了帮助您找到和控制骨盆底肌肉以进行凯格尔运动，您可以想像：

To help you find and control your pelvic floor muscles to do your Kegel exercises, you can think about:

- 小便中途停止尿液流动（警告：排尿时不要做凯格尔运动）  
Stopping the flow of urine (pee) midstream (warning: don't do your Kegel exercises while urinating)



无力的骨盆肌肉（左图）和强壮的骨盆肌肉（右图）

Weak pelvic muscles (left) and strong pelvic muscles (right)

- 试图停止排气 (放屁) Trying to stop passing gas (farting)
- 轻轻关闭肛门口 (一种紧缩和提升的感觉将尾骨朝向耻骨, 或将坐骨并拢  
Bringing your tail bone toward your pubic bone, or bringing your sit bones together

女性可以想像着轻轻关上您的阴道口, 试图用阴道捡起一个弹珠, 或者试图将卫生棉条留在体内, 或把它进一步拉进身体里面。男性可以想像将阴茎拉回体内 (“将龟头拉回壳中”), 或走进冷水中。

People with vaginas might think about gently closing your vaginal opening, trying to pick a marble up with your vagina, or trying to keep a tampon in or draw it further into your body. People with penises might think about pulling your penis back into the body (“pulling the turtle head back into the shell”) or walking into cold water.

紧缩盆底肌肉时不要屏住呼吸, 并且避免收紧臀部肌肉。做太多凯格尔运动将使您的盆底疲惫不堪。请按照您的物理治疗师指示进行凯格尔运动:

Do not hold your breath while squeezing your pelvic floor muscles, and avoid tightening your butt muscles. Doing too many Kegels will tire out your pelvic floor. Follow your physical therapist’s instructions for how to do Kegels:

长收缩 (“长时间保持”) :	短收缩 (“快速收缩放松”) : Short
Long contractions (“long holds”):	contractions (“quick flicks”):
保持 ____ 秒 Hold for _____ seconds	保持 ____ 秒 Hold for _____ seconds
休息 ____ 秒 Rest for _____ seconds	休息 ____ 秒 Rest for _____ seconds
重复 ____ 次, 每天 ____ 回 Repeat _____ times, _____ times per day	重复 ____ 次, 每天 ____ 回 Repeat _____ times, _____ times per day

<b>可以进行凯格尔运动的姿势:</b> <b>Position to do your Kegels in:</b>	<b>同时做: Do with:</b>
<p>___ 侧躺 ____ Lying on your side</p> <p>___ 仰卧, 臀部靠在枕头上 ____ Lying on back, hips on pillow</p> <p>___ 趴着 ____ On hands and knees</p> <p>___ 坐着 / 坐在毛巾上 ____ Sitting with / without towel</p> <p>___ 站立, 双脚并拢 / 分开 ____ Standing, feet together / apart</p> <p>___ 蹲着 / 弓步 ____ Squatting / lunging</p>	<p>___ 咳嗽 ____ Coughing</p> <p>___ 打喷嚏 ____ Sneezing</p> <p>___ 从坐着站起来 ____ Sit to stand movement</p> <p>___ 举起东西 ____ Lifting something</p>

<b>协调练习 (凯格尔和反向凯格尔) :</b> <b>Coordination exercise (Kegel and reverse Kegel):</b>
<p>收缩 ___ 秒 Contract for ____ seconds</p> <p>放松 ___ 秒 Relax for ____ seconds</p> <p>凸起 (推挤) ___ 秒 Bulge (push) for ____ seconds</p>

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