

Small Kegel Balls Manual

by **GOLIATE**

Kegel balls are also called Geisha balls or Chinese balls. More commonly known as Kegel, this is in reference to the American gynecologist Arnold Kegel who, in the 1940s proposed pelvic floor exercises as a method to stop urinary leakage.

Meeting with the perineum

The perineum is a set of muscles and ligaments that make up the pelvic floor and «close» the lower abdomen. In the form of a hammock, it supports the bladder, uterus, rectum and intestine. It also plays a role in sexuality, since it «surrounds» the vagina. The more it is toned, the more pleasant the feelings are in bed for the two partners: the woman feels a more pleasant penetration and her companion feels much more «tightness».

How to locate your perineum?

Stop your urine stream! Once is enough. Practicing the «stop pee» is bad for the perineum. Practice this exercise once, just to become aware of your muscle.

When the perineum is harmed

During pregnancy, the weight of the baby puts strain on the perineum and during delivery, the passage of the baby stretches the muscles of the perineum. Which in turn harms it. This is where perineal rehabilitation comes in. In France, it is automatically prescribed, but it is not obligatory. Women who want to start the re-education of the perineum, do this about six weeks after delivery with a midwife or a physiotherapist.

But some women decide to do it alone. This is possible and **Kegel balls** can help you work your perineum and increase the sensitivity of your vagina to experience **a better sensation during sexual intercourse**. However, it is necessary to consult a health professional before starting. Not all women are aware of their perineum. They do not feel it and do not know how to locate it. Often, they try to contract but tighten their abdominals, which then put pressure on the perineum. This is called inversion of commands.

Before diving in alone and practicing Kegel exercises, it is essential to obtain the advice of a specialist. He can also do what is called manual testing by inserting his fingers into your vagina. After which, he will ask you to contract and release and will be able to determine the state of fatigue (or not) of your perineum.

Warning!

If it is important to have a tonic perineum when you are pregnant, it does not mean that you have to build the muscle excessively! A good perineum is not a concrete muscle, but a supple muscle that can contract and relax. Its elasticity is a quality for childbirth. So, do not try to strengthen your perineum alone if you are planning to have a baby or are pregnant without talking to your gynecologist.

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You can also decide to tone your perineum even if you have never given birth, for the sole purpose of improving your sensations in bed. That is of course possible, and it will bring you a real plus! However, you do not need too much of it. Your perineum is a muscle and like any muscle, it needs rest.

Exercise first without the balls

You can practice Kegel exercises without a ball to become aware of your perineum.

- Tighten the perineal muscles as if you wanted to stop urinating (but do not do it in the bathroom!). To help you, you can tighten the buttocks. Hold the position for 5 seconds.
- Then release for about ten seconds.
- And so on.

On a daily basis, do ten contractions – decontractions twice. In the car, while cooking, when you go to bed...

The different weights available in your GOLIATE kit



Commencez toujours par utiliser la boule au poids le plus faible afin d'avancer par palier, Always start with the lowest weight ball to advance in stages, unless you have an already toned perineum that you simply want to maintain.

30g and 50g: To start, if you have a weakened perineum and you sometimes notice small urinary leaks. Be careful, if you feel that your perineum has really been hurt during child-birth or pregnancy, consult a doctor before using the balls.

70g and 90g: You can upgrade to this level or start with this one if you are already trained or have started pelvic rehabilitation and your doctor has advised you to work your muscles in parallel with the sessions.

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110g and 130g: use these weights if your perineum is doing well and you aim to maintain it and refine your sexual sensations.

If you feel like the ball is too heavy, use the smaller weight! The goal is not to use heavy balls to work your perineum thoroughly. It needs a suitable weight, which it is able to retain. When a ball is placed in your vagina, your perineum contracts naturally to hold it. You can keep it **between 15 minutes and 1 hour maximum** during your activities (shopping, riding, driving ...).

Be careful, it's not a question here of doing exercises but simply «wearing» the ball.

Exercise to do with the balls

In order to work harder and muscle up, you can practice contraction - decontraction exercises (maximum 10-15 minutes).

- Contract your perineum around the geisha balls, as if you wanted to encompass them more and bring them up to the top of your vagina.
- Do it for five seconds, then release for 10 seconds.
- **Repeat the exercise a dozen times, then remove the ball. Do not leave it in your vagina. Your perineum is a muscle, it must rest. You can start over the next day!**

You can do the exercise:

- lying flat on your back, legs slightly bent to keep your back flat.
- standing, legs slightly apart.

How to put them?

- Using a water-based lubricant, is essential.
- Then insert the ball like a tampon and leave the wire outside.
- You can contract your perineum to make the ball climb if you feel it is not deep enough.

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This guide does not replace the advice of a doctor