

Open Peer Review on Qeios

Kegel Exercise

National Cancer Institute

Source

National Cancer Institute. <u>Kegel Exercise</u>. NCI Thesaurus. Code C155847.

An exercise to strengthen the pelvic floor muscles, in which the levator muscles are squeezed and held, then released, for a number of repetitions.

Qeios ID: RDL2YU · https://doi.org/10.32388/RDL2YU