

Pelvic Floor Muscle Exercises for men

Why do Pelvic Floor Muscle Exercises?

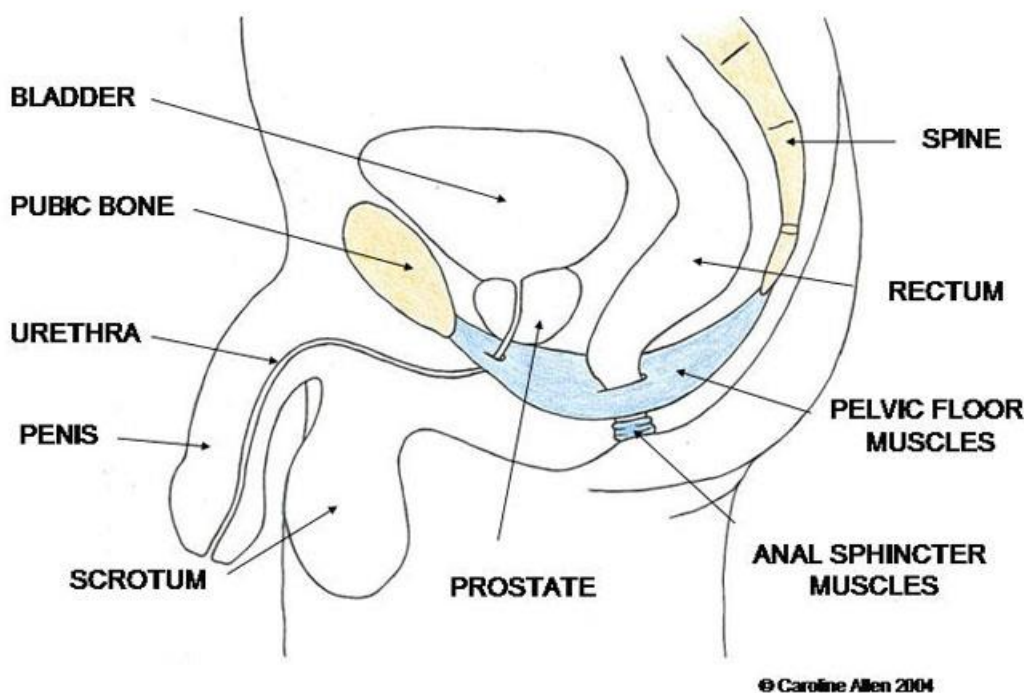
Doing these exercises can improve urinary leakage, leakage from the bowel and problems with erection and/or orgasm.

Pelvic floor muscles can become weak and/or not work properly if you have or have had the following:

- prostate surgery
- abdominal surgery
- long term constipation
- sexual abuse
- pelvic or spinal surgery
- overweight
- Back pain

What are the Pelvic Floor Muscles?

The pelvic floor muscles are layers of muscle that cover the bottom of the pelvis. They attach from the pubic bone at the front of the pelvis, around the side of the pelvic bones to the tail bone at the back of the pelvis. They also wrap around the penis, urethra (urine tube) and the back passage.



Because of this they:-

- Support the bladder and bowel
- Help to hold urine and stool in by closing off the urethra and back passage
- Are active during sexual intercourse and increase blood flow to the penis, which is required for orgasm.

How to do Pelvic Floor Muscle Exercises.

It is important that you are exercising your pelvic floor muscles correctly to gain the most benefit from them. Firstly sit or lie in a comfortable position. If you are sitting, sit upright with your shoulders relaxed. Now think about where your back passage is and try squeezing it together and upwards as if you are going to stop wind escaping. Now at the same time think about where your penis is and try to squeeze the muscle here upwards too. You should feel the bottom of your penis lift up towards your tummy.

Once you think that you can squeeze your pelvic floor muscles in the right way try **squeezing as tightly as you can** and release.

Repeat thistimes per day.

Now try squeezing your pelvic floor muscles together and upwards more gently, with **half of your maximum effort**, and hold for.....seconds. Relax forseconds. Repeat.....

Make sure that you are not squeezing your buttocks or legs when you are squeezing your pelvic floor muscles.

Do your pelvic floor muscle exercisestimes per day.

You should exercise your muscles inposition.

How to get the most out of your Pelvic Floor Muscle Exercises.

- Try to find a regular time in your day to carry out your exercises. This will help you to remember to do them.
- As your muscles become stronger try exercising them in different positions.
- Also do your pelvic floor muscle exercises whilst carrying out activities that produce your symptoms i.e. squeeze your muscles before lifting an object or before coughing or sneezing can help to stop urine from leaking.
- Squeezing your muscles after passing urine helps to squeeze out the last drops of urine and prevents after dribble.
- Squeezing your muscles during sexual intercourse achieves and maintains a rigid penis for orgasm.
- If you need to rush to the toilet to empty your bladder, try to sit or stand still and squeeze your pelvic floor muscles for 10 seconds. This can help you to hold your urine for longer. Ideally you should be able to go 4 hours between passing urine.

- To make the muscles around your penis work even better it may help to gently pull your belly button towards your spine at the same time as exercising your pelvic floor muscles. You should do this without pulling in the muscles around your rib cage. Practise squeezing and holding your tummy and pelvic floor muscles for.....seconds.
Repeat.....times.

Other points to consider.

- It can take at least 8 weeks for muscles to strengthen and even then it may take a few months for your symptoms to improve as much as you would like. Don't give up, daily pelvic floor muscle exercises are the key to improving them!
- Once your symptoms have improved it is a good idea to continue exercising your pelvic floor muscles five times a week to maintain their fitness.

If you have any further questions do not hesitate to ask your physiotherapist at your next appointment or contact Park Physiotherapy on 01603 881184.

Useful websites.

www.bladderandbowelfoundation.org.uk

www.yourpelvicfloor.co.uk