

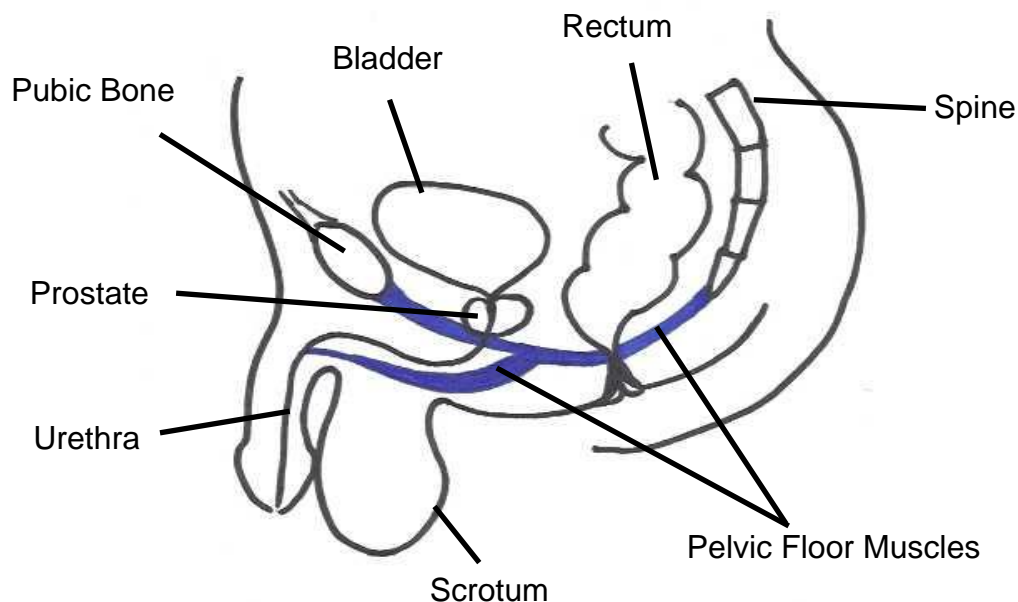
Pelvic Floor Exercises for Men

This leaflet offers information about pelvic floor exercises for men. If you have any further questions or concerns, please speak to the healthcare professional involved in your care.

What are the pelvic floor muscles?

Your pelvic floor is a group of muscles which can be found at the base of your pelvis.

These muscles attach from your tailbone to your pubic bone and across both your sitting bones, to form a bowl/hammock like shape. The pelvic floor muscles support your bladder and bowel when standing and play a role in sexual function. They also work to control passing of urine, wind or bowel motions and prevent leakage.



What are the signs and symptoms of pelvic floor dysfunction?

Symptoms you may experience due to a weakened pelvic floor are:

- Stress incontinence (leaking urine when coughing, sneezing, laughing and during exercise)
- Urgency (a sudden and urgent need to pass urine)
- Leakage of stool from the back passage
- Reduced satisfaction during intercourse
- Erectile dysfunction.

Improving the function of your pelvic floor muscles can help to improve or stop any of your symptoms.

How do I exercise my pelvic floor?

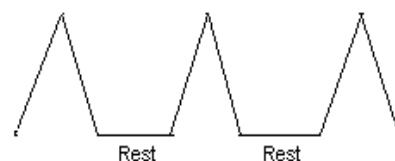
There are two main forms of pelvic floor exercises, which are sometimes called ‘Kegel Exercises’: long holds and fast squeezes. They are both equally important: the long holds aim to improve endurance and the short squeezes aim to improve your reactivity.

In sitting or lying, imagine trying to shorten the shaft of your penis as well as lifting your testicles back up towards your body. Now slowly tighten the muscles around your back passage as if trying to stop yourself from passing wind.

Exercise 1: To build up the endurance of these muscles, hold this contraction for as long as you can (up to 10 seconds) and then fully relax. Relax for as long as you have squeezed. Repeat 10 times. **Try to build up to 10 seconds x 10.**



Exercise 2: Draw up and tighten your pelvic floor muscles as quickly as you can and then relax fully. **Repeat up to 20 times**



Try to do both exercises 3-4 times a day.

It is important to do this **without**:

- Clenching your jaw

- Holding your breath
- Excessively pulling your tummy muscles in
- Squeezing your inner thigh muscles
- Squeezing your buttocks.

Is there anything else I can do to help myself?

Immediately after urinating, contract and relax your pelvic muscles for five rapid repetitions, then contract and hold for five seconds. Repeat three times. Over time, this will help reduce urine dribble after urinating. This exercise is useful in reminding you to keep doing the exercises regularly over a long period of time.

Don't forget to use your pelvic floor when you most need it – squeeze every time you cough, sneeze, lift or when you are holding on. It can be embarrassing to have problems with leakage but you are not alone. Pelvic floor exercises for men are the best way to deal with incontinence and sexual issues like premature ejaculation, erectile dysfunction, erection quality, low arousal and other similar problems. But the benefits of doing them will not appear in a day, week or month. To really feel the benefit of them, you must consistently practise them over a prolonged period of time. **THEY DO WORK AND YOU WILL FEEL THE DIFFERENCE.**

If you need further help and support, ask your GP to refer you to Pelvic Health Physiotherapy at St George's Hospital.

Useful sources of information

NHS recommended "Squeezy" app

[Home Page - Squeezy \(squeezyapp.com\)](http://squeezyapp.com)

Contact us

If you have any questions or concerns about your symptoms, please speak to your GP to get a referral to pelvic health physiotherapy.

Website:

[Patient Resources - St George's University Hospitals NHS Foundation Trust \(stgeorges.nhs.uk\)](https://www.stgeorges.nhs.uk)

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. **Tel:** 111

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.

