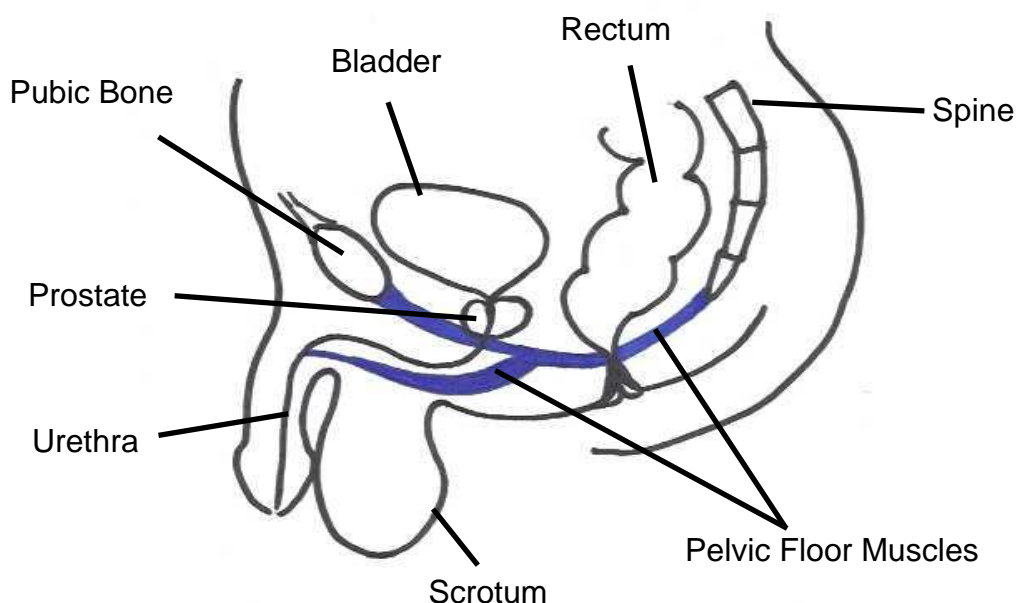


# Pelvic Floor Exercises for Men

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 found at the base of your pelvis. These muscles attach from your tailbone to your pubic bone, to form a bowl-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?

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

## How do I exercise my pelvic floor?

There are two types of pelvic floor exercise: long holds and short holds. They are both equally important. The long holds aim to improve endurance and the shorter holds aim to improve 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. This should be your pelvic floor contracting.

**Long Holds:** 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.

Try to build up to hold for 10 seconds x 10 reps.



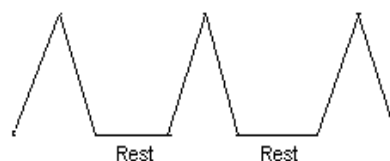
**Short Holds:** Draw up and tighten your pelvic floor muscles as quickly as you can and then relax fully.

Repeat up to 20 times.

Try to do both exercises three 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 or buttock muscles



## Is there anything else I can do to help myself?

If you are experiencing dribbling after urinating, try immediately contracting and relaxing your pelvic muscles for five quick repetitions. Then contract your pelvic floor and holding for five seconds, repeating three times.

The “Knack” is a technique where you squeeze the pelvic floor to help prevent leaking for example when you cough, sneeze, bend over or pick something up.

It can be embarrassing to have problems with leakage, but you are not alone. Pelvic floor exercises are the best way to deal with incontinence and sexual issues like premature ejaculation, erectile dysfunction, erection quality, low arousal and other similar problems. 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 \(squeezyapp.com\)](https://www.squeezyapp.com)



Pelvic Health Resource Page

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

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)

## Was this information helpful? Yes / No

Please let us know, contact [patient.information@stgeorges.nhs.uk](mailto:patient.information@stgeorges.nhs.uk) and include the leaflet title.

Thank you.

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

The Walk-in and Advisory telephone services are closed on Wednesdays.

Please contact PALS in advance to check if there are any changes to opening times.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough wings.

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS UK

The NHS provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health. **Web:** [www.nhs.uk](http://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](http://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.

