

Patient information from Gordon Muir, Consultant Urological Surgeon

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Pelvic floor exercises for men

Doing Pelvic floor exercises can help you get the most from your continence and improve sexual activity. The exercise strengthens the muscles that support the penis.

Regular exercise of the PC muscles can have many health benefits including:

- Helps treat and avoid urinary incontinence.
- Stronger and more pleasurable orgasms.
- A greater feeling of control and confidence over ejaculation.

Squeeze and release

Start by squeezing and releasing the muscles 15 times. Don't hold the contraction, just squeeze and release.

Do the exercises every day

- At first do one set of **15, twice a day**. Try to concentrate on squeezing only your pelvic floor muscles, not your stomach and thighs. It will become easier with practice. (Some people say that sucking their thumb while doing it helps).

Tips

You can do these exercises anytime, anywhere - no one knows you're doing them.

Practice doing them sitting, standing and lying down. Most importantly, find a time when you remember to do them every day.

Gradually increase the number until you can do **40 or 50 at a time**. Build up slowly.

When you're comfortable doing **40 or 50**, you can vary the exercise by holding each contraction **to the count of 3 before releasing**. Again, build up slowly till you can achieve 40 or 50. You may feel some tiredness or cramping, just like going to the gym - this will improve with time.

Preparation

First locate your pelvic floor muscles. You can do this by stopping your flow of urine next time you go to the loo. The muscles you use are your pelvic floor muscles.

Practice stopping and starting the stream, then try to use the same muscles to "pull" the testicles up into the abdomen. Once you have the hang of this, you should be able to work only on the muscles controlling the urine flow

It may take up to 6 weeks to begin to feel the benefits listed above - but keep working!