

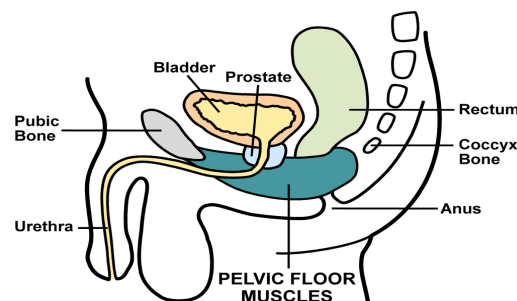
Pelvic Floor Muscle Training for Men

What and Where Are Your Pelvic Floor Muscles?

Your pelvic floor muscles surround your urethra, near your prostate and in rectum. If they weaken or become damaged, you may have problems with bladder control. Keeping the muscles strong by training them, can help prevent urine leakage. You can make these muscles stronger by doing exercises (often called *Kegel* exercises).

Finding the Proper Pelvic Muscles

Without tensing the muscles of your leg, buttocks or stomach, imagine that you are trying to control the passing of gas or pinching off a stool. Or imagine you are in an elevator full of people and you feel the urge to pass gas. What do you do? You squeeze or pull in the ring of muscles around your rectum—these are your pelvic muscles.



Types of Exercises

There are 2 types of muscle exercises you will need to practice: quick (2-second) or short squeezes and slow (5 seconds building to 10-second) or long squeezes. To do the quick ones, squeeze or tighten your pelvic muscles quickly and hard, and then relax it. For the long ones, squeeze or tighten your pelvic muscles and hold this for a count of 5 seconds, building to 10 seconds after a week, then relax the muscles for the same amount of time.

Prescription – This your Pelvic Floor Muscle Training program:

SHORT QUICK EXERCISES –

SQUEEZE THE MUSCLE QUICKLY AND HARD FOR 2 SECONDS AND THEN RELAX.

LONG SUSTAINED AND SLOW EXERCISES –

SQUEEZE THE MUSCLE & HOLD FOR 5; THEN RELAX FOR 5 SECONDS. OVER A WEEK, BUILD TO 10 SECOND SQUEEZES AND 10 SECOND REXATIONS.

WHEN YOU HAVE DONE BOTH TYPES OF EXERCISES IN ALL 3 POSITIONS, YOU WILL HAVE DONE ONE SESSION.

SPECIAL TIPS:

- ALWAYS EMPTY YOUR BLADDER BEFORE YOU EXERCISE.
- COUNT OUT LOUD WITH THE LONG EXERCISES SO YOU KEEP BREATHING!
- KEEP YOUR STOMACH, LEG AND BUTTOCK MUSCLES RELAXED. REST YOUR HAND ON YOUR STOMACH, IT SHOULD NOT MOVE TENSE.
- BE SURE TO REST YOUR MUSCLE AFTER EACH SQUEEZE.

TRAINING SESSION (Do 2 sessions every day)

Lying Down

Do 10 exercises: 2 seconds **SHORT/QUICK**
Do 10 exercises: 5-10 seconds **LONG**

Sitting

Do 10 exercises: 2 seconds **SHORT/QUICK**
Do 10 exercises: 5-10 seconds **LONG**

Standing

Do 10 exercises: 2 seconds **SHORT/QUICK**
Do 10 exercises: 5-10 seconds **LONG**

Start by doing 1 session every day and after 1 week increase to 2 sessions each day

ALSO – Do the exercises by listening to the MP3 recording for exercising your pelvic muscles by going to the *UroToday* Website:

<https://www.urotoday.com/library-resources/bladder-health/144981-how-to-do-pelvic-floor-muscle-exercises.html>

Exercise Plan

One exercise is both “tightening or squeezing” and “relaxing” the muscle. Keep control of when your muscles tighten and relax. Be sure to relax all the way between the times you squeeze your muscle.

Where and How to Practice These Exercises

You can do the exercises anywhere and anytime. You can do the exercises in these positions:

- **Lying Down**—Lie on your back, flat or with your head on a pillow, knees bent, and feet a little separated. It is helpful to put your knees on a pillow.
- **Sitting**—Sit in a chair with a firm seat, knees a little apart, feet flat on the floor or legs stretched out in front and crossed at the ankles.
- **Standing**—Stand by a chair, knees slightly bent with feet a little apart and toes a little pointed outward. You can also lean on the kitchen counter with your hips bent.

Using Your Pelvic Floor Muscle

If you leak urine in one position only, such as when you stand, then follow these steps:

- Do more exercises for that position only, *or*
- Add on more exercises each day in that position only.
- If you feel a strong urge to empty your bladder, squeeze your pelvic floor muscles a couple of times. Often, this will quiet the bladder down and the urge to empty your bladder will pass. Then, if you need to empty your bladder, walk calmly and slowly to the bathroom.

Remember, the more muscle training you do, the:

- Stronger your pelvic floor muscles will get.
- Faster they will get stronger.
- Easier it will be to keep the muscle stronger.

Common Mistakes

- Squeeze only the pelvic floor muscles. DO NOT squeeze your thighs, buttocks, or stomach. If you feel your stomach move, then you are also using these muscles.
- DO NOT hold your breath. Breathe like normal or count out loud or both.

Can These Exercises Harm Me?

No, these exercises cannot harm you in any way. You should find them easy and relaxing. If you get back or stomach pain after you exercise, you are probably trying too hard and using your stomach muscles. If you get headaches, then you are also tensing your chest muscles and probably holding your breath.

When Will I See a Change?

It takes effort and time to make any muscle stronger. When you start, your muscles may be very weak, and you may not be able to hold the muscle squeeze, even for a second. Don't get upset as with practice, you will get better. After 4–6 weeks of exercising every day, you may begin to notice you're your muscle feels stronger and bulkier. If you have bladder leaks, you may notice gaining more bladder control and less urine leakage. But it may take 3 or 4 months to get the most help. Make the exercises part of your daily routines. Squeeze the muscles when you walk, as you stand up, and as you walk to the bathroom.