

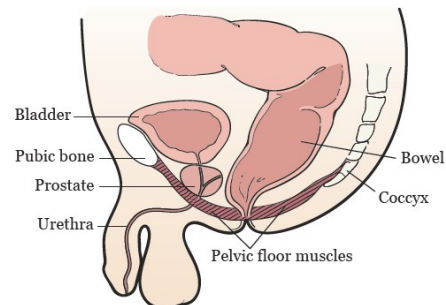
How to do Pelvic Floor Exercises: Male Anatomy

What is the pelvic floor?

The pelvic floor is a large group of muscles that stretch from your tailbone (behind) and your pubic bone at the front, forming a bowl shape. They support your pelvic organs including your bladder and bowel. They have a role in sexual function during intercourse. Your pelvic floor muscles provide extra support when you cough, sneeze or laugh to help prevent leakage from your bladder or bowel. When you pass urine or a bowel motion, your muscles should relax and then tighten again afterwards. This helps to prevent leakage and controls the passing of urine and bowel motions.

What causes pelvic floor weakness?

- Chronic cough
- Repeated Heavy Lifting
- Being Overweight
- Constipation
- Previous pelvic surgery
- Pelvic Trauma



Just like any other muscle in your body, it is important to strengthen your pelvic floor muscles

How to exercise your pelvic floor muscles

Sitting, standing or lying comfortably, slowly tighten the muscles around your anus (as though you are stopping passing wind), lifting up and in at the same time squeeze your front passage (as if trying to stop yourself from passing urine). Try to avoid tightening your buttocks, squeezing your legs or holding your breath. A feeling of gentle tightening in your lower stomach is normal. Try to complete exercises 1 and 2 (listed below), between 3-6 times a day.

1) To help build endurance in your muscles, contract your pelvic floor and squeeze for as long as you can, then relax and release fully for the same time you have held the squeeze. Repeat up to 10 times.



2) The muscles need to be able to work quickly and as strong as possible so that they can react to stresses such as coughing, sneezing or running. Imagine the muscles are an elevator. Lift up the muscles to the top floor as quickly as you can. Relax fully. Repeat up to 20 times

The most difficult part is often remembering to do your exercises. Try using a memory trigger such as a sticky note to remind you or doing it after each meal. You can also download the squeeze app for men on your phone or tablet device (www.squeezeapp.co.uk).



Further Information

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