



## HARTMANN DIRECT HEALTH FACTSHEET 7 PELVIC FLOOR MUSCLE EXERCISES FOR MEN

### How to strengthen your pelvic floor muscles

You need to learn, and regularly carry out, your pelvic floor muscle exercises. To begin, choose a quiet time and place, so you can concentrate on learning the exercises correctly.

Sit, stand or lie down, with your feet comfortably apart. You can do the exercises in any of these positions. Relax and breathe normally.

You are going to learn to carry out both slow and fast pelvic floor muscle exercises. You should aim to do the same number of each, every time.

- Concentrate, then squeeze and lift the muscles around the back passage, as if trying not to pass wind. At the same time, pretend you want to pass water but there is no toilet nearby. Squeeze and lift the muscles in your water pipe (urethra). As you tighten the muscles, you will feel your scrotum and base of your penis move slightly upwards.

Keeping the muscles tightly squeezed, count slowly and hold for as long as you feel comfortable. Then relax for the same count. Repeat the slow squeeze exercise until the muscles are tired. Try to gradually increase the duration to ten seconds if possible. Aim to repeat the ten-second holds as many times as you can, aiming for ten times.

- After a short rest, repeat the above exercise but this time quickly twitching the penis upwards, as if to the beat of a drum; Tighten, Relax, Tighten, Relax.
- **For maximum effect, the slow and fast exercises should be repeated several times a day.**

Each month, monitor your progress below.

Be patient and don't give up. It can take up to three months to notice an improvement.

Date	Hold for?	Number of slow squeezes	Number of fast squeezes
(start)	secs	times	times
	secs	times	times
	secs	times	times
	secs	times	times