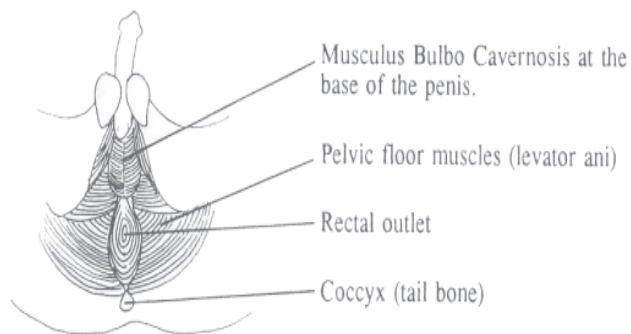


Kegel or Pelvic Floor Muscle Exercises for Men

Kegel or pelvic floor muscle exercises help strengthen weak muscles around the bladder. When these muscles are weak, urine can leak from the bladder.

What is the Pelvic Floor?



The Pelvic Floor is a “hammock” of muscles that support the internal abdomen and pelvic organs. These muscles run in different directions and are different sizes. The job of these muscles is to support, lift and control the muscles that close the urethra (tube that the urine passes through).

How do you exercise these muscles?

You exercise these muscles by squeezing and relaxing them. This takes effort and practice.

How do I find the right muscles?

To make sure that you are exercising the right muscles, try starting and stopping your urine stream. This exercise will help you find the correct muscles. Repeat this exercise as directed. Do not tighten your buttocks or thigh muscles when doing these exercises. Relax your stomach muscles as much as possible.

When you are standing and squeeze your pelvic floor muscles, you should see your penis move slightly.

How do I do these exercises?

Begin by squeezing the muscles for a count of four (4) then relax for a count of four (4). At first, you can only squeeze the muscles for 1 to 2 seconds, but as your muscles get stronger, you will be able to hold to the count of four (4).

Work up to repeating these exercises for five (5) minutes twice a day.

Remember to relax between each squeeze; just let the muscles go loose; do not push down.

Where will I do these exercises?

When you first start doing the exercises, you need to set aside time when you can do them without being interrupted. After you have done them for a while, you can practice these exercises any time and anywhere.

Remember:

ALWAYS squeeze your pelvic floor muscles when you:

- Sit up from lying down
- Stand from a sitting position
- Lift something heavy

You can practice squeezing these muscles when you are watching TV, standing in line or driving a car. Since these muscles are inside your body, people will not know you are doing exercises. It often takes 6 to 12 weeks to see results. Do these exercises regularly.

Are there any precautions?

Some people exercise more than they should hoping that they will regain bladder control quicker. If you exercise too much too soon, your bladder control may get worse for a while. Start slowly and increase the amount of exercise slowly. Follow the guidelines that your health care team has given you.

Be sure to breathe during the exercises. Holding your breath may put extra pressure on your pelvic muscles.