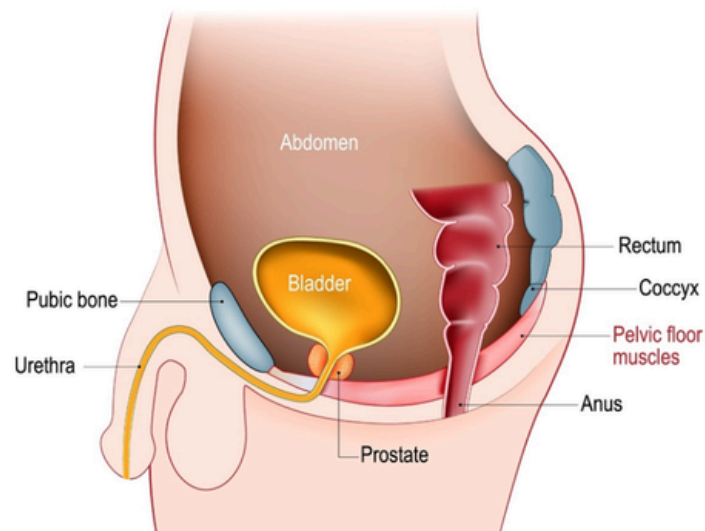


What is the pelvic floor muscle and what does it do?

The male pelvic floor is a hammock-like group of muscles and tissues. It supports the bladder, prostate, and rectum. It also controls the urethra (the tube through which urine and semen leave the body) and anus (the back passage).

These muscles are crucial for continence (preventing urine/stool leakage), for sexual function (erection, ejaculation), and for stability, acting like valves to keep openings closed to prevent unwanted leaks. Weakness or tightness can cause incontinence, erectile issues, or pain.

PELVIC FLOOR MUSCLES



Why is my pelvic floor weak?

This can be down to several factors including:

- Any surgery to your prostate, bladder or bowel
- Straining and pushing too hard when trying to poo
- Coughing a lot, such as with asthma or smoking
- Being overweight can put extra strain on your pelvic floor
- Lack of exercise
- Getting older
- Damage to the nerve supply caused by some conditions such as stroke, multiple sclerosis, Parkinson's disease and diabetes

Why should I do pelvic floor exercise and do they help?

Pelvic floor exercises will allow your pelvic floor muscles to become stronger & provide support for your organs.

The exercise will also help prevent or reduce any urinary leakage.

The pelvic floor muscles are like any other muscles, the more you exercise the stronger they will become. You need to continue with the exercises to keep the benefits.

If you don't use it, you will lose it!

How do I do pelvic floor exercises?

The pelvic floor muscles need you to do two types of exercises. Slow squeezes and quick squeezes. To do the slow squeezes, sit or lie comfortably, concentrate on the pelvic floor muscles.

Try to lift and squeeze your back passage as if you are stopping yourself from passing wind.

Then at the same time lift and squeeze at the front passage as if you are stopping yourself from passing urine.

You should feel a squeeze and lift inside, along with an upward movement of the scrotum (testicles). You can use a mirror to help you know that you are exercising correctly as you will see the movement of the penis and scrotum.

Breathe normally, try not to hold your breath.

Hold this squeeze for up to a maximum of 10 seconds, then rest for the same amount of time.

Repeat up to a maximum of 10.

It is also a good idea to tighten these muscles before and while you are doing any activity that may cause you to leak urine such as lifting, coughing or sneezing.

Quick exercises

Quick exercises are sometimes called The Knack. It is very important that the pelvic floor muscles can react quickly at times when they are put under strain, such as the time that you cough, laugh or sneeze, or bend to lift a heavy item. When you do this, you should tighten your pelvic floor. So, as well as doing to slow squeeze exercises, try to tighten and relax your muscles, powerfully and quickly.

Pelvic floor exercises should be repeated three times a day, routine is the key to success. Try remembering to do exercise at specific times, e.g. while you are brushing your teeth, watching the TV, when the adverts come on, lunch time. Or you could set a reminder on your mobile phone.

It is important that you do not stop the flow of urine mid-stream as this can be bad for your bladder.

Use the table below to help you record & remember

DATE	TIME OF DAY	SLOW	FAST	HOLDING TIME

Pelvic floor exercises for men

Remember!

Drink 6–8 drinks daily. Avoid having too many caffeine-based and alcoholic drinks, these will irritate the bladder. You could try decaffeinated or an alternative such as fruit tea or water.

Avoid constipation. Speak to your healthcare professional or pharmacist if this is a problem for you.

Avoid going to the toilet just in case.

Keep going. It can take up to 3–6 months to see the effects.

If you struggle with your pelvic floor exercise, speak to your GP who can refer you to a specialist physiotherapist for guidance & assessment. You should persevere for a minimum of 6 weeks.

Further Information

- [squeezyapp](#)
- [The pogp - mens health](#)

Find more information about bladder and bowel health in our information library at www.bbuk.org.uk. You can also contact the [Bladder & Bowel UK confidential helpline \(0161 214 4591\)](#).

For further advice on bladder and bowel problems speak to your GP or other healthcare professional.

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