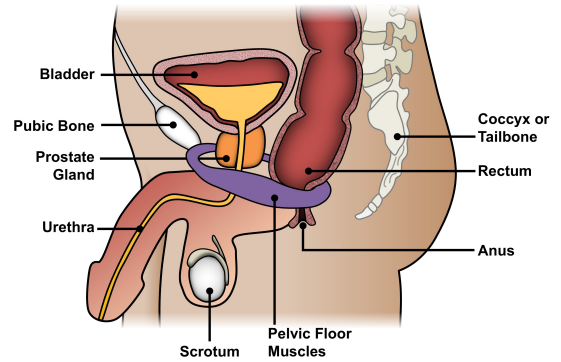


# Pelvic Floor Muscle Training for Men

## Why These Muscles Matter

Your **pelvic floor muscles** stretch like a hammock from your pubic bone to your tailbone. They surround the **urethra, prostate, and rectum**, helping control bladder and bowel function. When these muscles are **weak or damaged**, you may experience urine leakage. Training them regularly—called **Kegel exercises**—can help restore and maintain control



## How to Find Your Pelvic Floor Muscles

A few ways to identify the correct muscles:

- **Imagine stopping the flow of gas or pinching off a bowel movement.**
- Picture yourself in a crowded elevator and you suddenly feel the urge to pass gas—you'd squeeze the muscles around your rectum to hold it in. That's your pelvic floor.

✓ **Important:** Do **not** tighten your thighs, buttocks, or stomach. Focus only on the pelvic muscles.

## Types of Pelvic Muscle Exercises:

There are **two types of muscle fibers**, so you need **two types of exercises**:

1. **Quick Squeezes (Short or Fast-Twitch)**
  - Tighten your pelvic floor muscles **quickly**, hold for **2 seconds**, then **relax**.
  - Repeat **10 times**, 2–3 times a day.
2. **Long Squeezes (Long or Slow-Twitch)**
  - Tighten the muscles and hold for **5 seconds**, then relax for **5 seconds**.
  - After one week, try to **build up to 10 seconds**.

## Best Positions to Practice

You can do these exercises **anywhere** and **anytime**. Start in the easiest positions and progress.

- **Lying Down:** On your back with knees bent and a pillow under knees.
- **Sitting:** On a firm chair with feet flat and knees slightly apart.
- **Standing:** With knees slightly bent and feet shoulder-width apart.

## How to Use These Muscles Daily

- **Practice in positions where you leak**—such as standing or walking.
- **Use a few squeezes** to calm the bladder if you feel a sudden urge to urinate.
- Walk slowly and calmly to the bathroom after that.

## Avoid These Common Mistakes

- ✗ **Don't use your thighs, buttocks, or stomach**—keep the focus on the pelvic floor.
- ✗ **Don't hold your breath**—breathe normally or count out loud during exercises.

## Can These Exercises Hurt Me?

No! These exercises are **safe and gentle**.

If you experience:

- **Back or stomach pain** → You may be using the wrong muscles.
- **Headaches** → You're probably holding your breath.

# Pelvic Floor Muscle Training for Men

## Pelvic Floor Muscle Exercise Prescription

### ✓ Two Types of Exercises

#### 1. SHORT QUICK SQUEEZES

- Squeeze the pelvic floor muscles **quickly**
- **Hold for 2 seconds**, then **relax completely**

#### 2. LONG SUSTAINED SQUEEZES

- Squeeze and **hold for 5 seconds**, then relax for 5 seconds
- Gradually increase over a week to:
  - **Hold for 10 seconds**
  - **Relax for 10 seconds**

### 📌 What Counts as One Session?

To complete one full session:

✓ Do **both short and long exercises**

✓ Practice in **all 3 positions**:

- Lying Down
- Sitting
- Standing

### ★ Special Tips for Success

🕒 **Empty your bladder** before you begin.

🗣️ **Count out loud** during long holds to help keep breathing steady.

💡 **Keep your stomach, thighs, and buttocks relaxed** — place a hand on your belly to make sure it doesn't move.

🧘 **Rest the muscle fully** between each squeeze

### EXERCISE SESSION

#### 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**



You can do the exercises by listening to the MP3 recording by clicking on this QR code.

<https://grandroundsinurology.com/pelvic-floor-muscle-rehabilitation-audio-resources/>

## When Will You Notice a Change?

- **After 4–6 weeks:** You may feel stronger muscles and better bladder control.
- **After 3–4 months:** Expect the biggest improvement in leakage control.

💡 *Be patient. The more you practice, the better the results.*

## Tip for Success

Make pelvic floor training a **daily habit**:

## **Pelvic Floor Muscle Training for Men**

- Squeeze while walking, standing up, or heading to the bathroom.
- Try pairing it with routines like brushing your teeth or watching TV.