

Pelvic floor exercises for men



Information for patients Sex and Relationship Therapy

What are pelvic floor muscles?

The pelvic floor muscles are a group of muscles that form a sling at the base of your pelvis, running from the pubic bone at the front to the coccyx (tail bone) at the back. They support the contents of the pelvis and abdomen, help control emptying of the bladder and bowel and tighten during sexual activity. They normally adjust automatically to become tighter or more relaxed, e.g. they tighten when you lift something and relax when you empty your bladder. When this muscle weakens, it is unable to prevent blood from flowing out of the erect penis.

How will strengthening the pelvic floor help?

Strengthening the pelvic floor muscles can benefit your erections and orgasmic experience. Exercises can strengthen the pelvic floor muscles and improve blood circulation in the pelvis. This means they can be helpful to improve the strength and angle of erections, increase pelvic sensitivity, develop better ejaculatory control and increase the strength and pleasure of orgasms.

Exercises

These exercises can be done “any time, any place” and only require a few minutes each day.

1. First you need to locate the correct muscles. The next time you urinate, stop and start the flow several times; the muscles you use to do this are your pelvic floor muscles. Use this technique to locate the muscles only – do not continue to do this.
 2. Once you know which are your pelvic floor muscles, squeeze and release them fully until you cannot manage any more. This is your baseline number. You do not need to hold the contraction at this stage; just squeeze fully, then let go.
 3. Repeat this at least three times a day.
- Make sure you are just contracting your pelvic floor muscles, and not your buttocks or thighs. You may feel a gentle tightening in your lower abdomen and these exercises might improve the tone of these stomach muscles.
 - Think about how you can incorporate these exercises into your daily routine; perhaps you could do them when you clean your teeth, wash up, travel to and from work, or set reminder alerts on your phone. There are also apps to help, e.g. “Squeezy for Men” (www.squeezyapp.co.uk/).
 - Once you have established your baseline number of full contractions and relaxations, gradually increase the number up to a maximum of 20 each time you do them.

Once you can do 20 basic contractions each time you do them, introduce the following variations:

- **Fast contractions** – try to do some fast squeezes, but make sure you still fully contract and fully relax each time.
- **Slow contractions** – slowly contract the muscles to the count of three, hold for three, gradually relax to the count of three then remain completely relaxed and rested for three.
- **Holds** – fully contract the pelvic floor muscles and hold for as long as possible, counting the number of seconds. Gradually increase the time you can hold the full contraction for, up to a maximum of 10 seconds.
- **Weight-lifting** – if you do pelvic floor contractions with an erection, you will notice the penis rises. You can practice “lifting weights” by hanging a flannel on your erect penis. The weight can be increased by using a wet flannel.

How should I use my pelvic floor muscles during intercourse?

If you want to use your pelvic floor muscles to last longer before ejaculating, you need to experiment to find what works for you. First relax the muscles as you feel close to ejaculation. Then try the reverse – tighten them just before ejaculation. Both techniques can work, but you need to find out which works for you and exactly when you need to tighten or relax the muscles.



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