Calderdale and Huddersfield NHS Foundation Trust

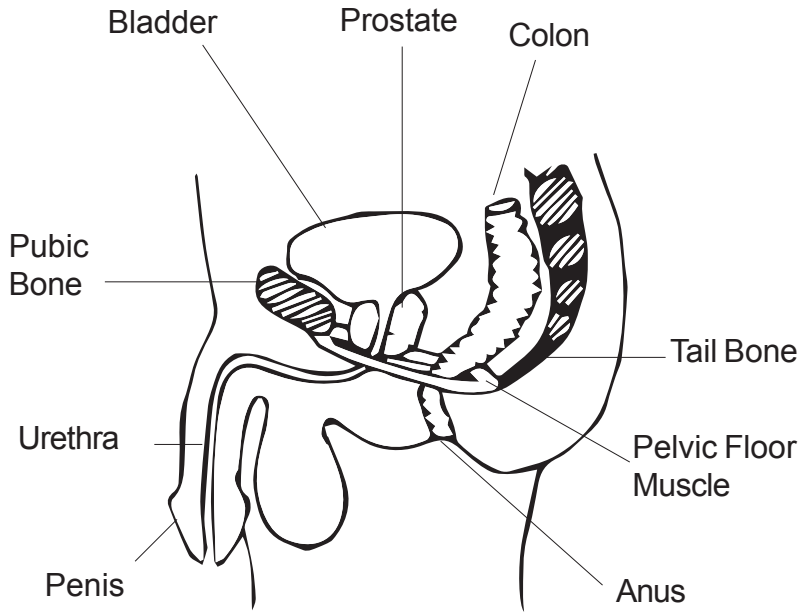
Locala Community Partnerships

Continence Advisory Service

Pelvic Floor Exercises for Men

What is the pelvic floor?

The pelvic floor is made up of layers of muscle and other tissue which form a hammock across your pelvis.



A mans pelvic floor supports the bladder and the bowel. The Urethra (bladder outlet) and the rectum (back passage) pass through the pelvic floor muscles. This muscle plays an important role in bladder and bowel control.

compassionate care

The Pelvic floor muscles can be weakened by:

- Surgery
- Continual straining due to constipation
- Persistent heavy lifting
- A chronic cough
- Being overweight
- Lack of general fitness
- Also nerve damage can produce poor pelvic muscle function.

Pelvic floor muscle exercises

The first thing to do is to correctly identify the muscles that need to be exercised.

How to contract the pelvic floor muscles

1. Sit or lie comfortably with the muscle of your thighs, buttocks and abdomen relaxed.

2. Imagine you are going to pass wind and you want to stop yourself.
   Squeeze the muscle around the back passage so that you cannot let the wind out. You should feel your muscle tighten. Your legs and buttocks should not move. Practice this movement until you are sure you are exercising the correct muscles.

3. Next imagine you want to pass water but it is not convenient as there is no toilet nearby.
   Can you feel your muscle pull up? Practice this until you feel you are exercising the correct muscles.
   If your technique is correct, each time that you tighten your pelvic floor muscles you may feel the base of your penis move slightly towards your abdomen.

Practising pelvic floor muscle exercises

Now that you can feel the muscles working, you can start exercising them.

1. Tighten and draw in strongly the muscles around your back passage.
   Try and hold this contraction and count to five. You should experience a definite feeling of 'letting go'.

2. Repeat this exercise 10 times. If you find it easy to hold the contraction for a count of 5 seconds increase this.

3. Then do the same contraction but let it go immediately there is no hold phase and repeat 10 of these contractions.

4. Tighten and draw in the muscles at the front, as though you are trying to stop your urine flow. Try and hold this for a count of 5 before relaxing. It may take you a few weeks to be able to hold on for a count of 5.

5. Repeat this exercise 10 times.

6. Do the same contraction but let go immediately. Repeat 10 times.

7. Do this whole exercise routine 3 times a day.

8. These exercises should always be done with an empty bladder.

While doing the exercises

1. Do not hold your breath.

2. Do not push down instead of squeezing and lifting up.

3. Do not tighten your tummy, buttocks or thighs.

- Concentrate when doing your excercises.
  The quality is important .

- These exercises need to become part of your daily routine for life. Good results take time.

- It may take up to 3 months to notice any change.

If you have any comments about this leaflet or the service you have received you can contact :

calderdale Bladder and Bowel Service
Beechwood CHC
60B Keighley Road
Halifax
HX2 8AL

Telephone No: 01422 252086

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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