Pelvic Floor Exercises for Men

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What are pelvic floor muscles?

They are the layer of muscles stretching from the pubic bone at the front of the pelvis to the coccyx and sacrum at the back of the pelvis.

Why do pelvic floor exercises?

Many men will suffer with urgency to urinate, frequency, and leakage of urine and regular trips to the bathroom at night. 1 in 10 men may suffer with continence problems.

Identifying the pelvic floor muscles

Firstly, imagine that you are stopping yourself passing wind from your back passage; tighten around the opening of the bowel. Do not tighten your thighs or buttocks.

Now imagine that you are trying to stop yourself passing urine. Try to feel the muscles tighten and lift. If you look in a mirror you should see the base of your penis retract slightly in your body and your testicles rise slowly.

Do both of these exercises together and hold as long as you can. Aim to hold for 5 seconds but when you let go, can you feel the muscles relax? If you can’t, you have held too long – try again for a shorter time. Some can hold for 1-2 seconds at first and others 5-6 seconds. It is important to find your level.
Pelvic floor exercises

In sitting:

- Tighten the pelvic floor muscles for your length of hold, relax and rest for 5 seconds.
- Repeat 5 times. As it becomes easier, increase the length of hold and number of repeats.
- Tighten the pelvic floor muscles quickly and release. This helps you cope with quick movements or coughing.
- Try to do 5 fast tightening.
- Do not expect immediate improvements. Continue the routine regularly at least 5 times a day.
- Pelvic floor exercise should become a daily routine to keep the muscles fit and healthy. Do at least twice a day.
- If symptoms return, increase your daily routine.

Additional tips

- Being constipated or overweight can strain the pelvic floor muscles. A balanced diet is important. You should try to drink 6-8 cups of fluid a day. Avoid tea, coffee or coca-cola if you have frequency or urgency.
- Tighten the pelvic floor muscles before lifting anything heavy or if you are going to sneeze or cough.
- If you have urgency, tighten your pelvic floor muscles when you have the desire to empty your bladder and only move when the desire has passed.
Specialist referral

If you need more help with identifying your pelvic floor muscles or progressing your exercises, ask your Consultant or GP to refer you to a Specialist Continence Physiotherapist or Continence Adviser.
References


NHS Constitution. Information on your rights and responsibilities. Available at www.nhs.uk/aboutnhs/constitution
If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.

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