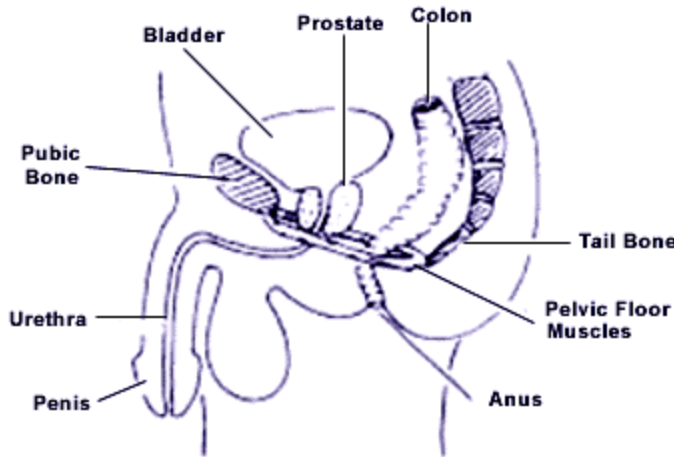


Pelvic Floor Exercises for Men

What and Where is the Pelvic Floor Muscle



Men experience a variety of problems with their urinary system, leading to unwanted leakage of urine. Some also have difficulty controlling wind or leakage from the bowels. Often this is due to a weakness of the muscles of the pelvic floor, which have an important function in preventing these troublesome conditions. In

particular, pelvic floor exercises have been shown to be effective following surgery on the prostate and when men experience a dribble after passing water.

The floor of the pelvis is made up of layers of muscle and other tissues stretching from side to side like a hammock and attached to your tail bone (coccyx) at the back and to the pubic bone in front. The urethra (bladder outlet) and the rectum (back passage) pass through the pelvic floor muscles. The hammock of muscle supports the bladder and the bowel and plays an important role in bladder and bowel control.

Why the Pelvic Floor Muscles get Weak

The pelvic floor muscles can be weakened by:

- some operations for an enlarged prostate gland
- continual straining to empty your bowels, usually due to constipation
- a chronic cough, such as smoker's cough or chronic bronchitis or asthma
- being overweight.

Although there is no research evidence, it is thought by many that lack of general fitness and persistent heavy lifting tend to result in weakening of the pelvic floor.

Neurological damage (e.g., after a stroke or spinal injury, or resulting from multiple sclerosis or other conditions) can also produce poor pelvic muscle function. People in this group need to seek advice from a healthcare professional.

Pelvic Floor Exercises

You can improve control of your bladder and bowel by doing exercises to strengthen your pelvic floor muscles. These exercises may also be useful in conjunction with a bladder retraining program aimed at improving bladder control in people who experience the urgent need to pass urine frequently and may not always "make it in time".

How to Identify your Pelvic Floor Muscles

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

1. Sit or lie comfortably with muscles of your thighs, buttocks and abdomen relaxed.
2. Tighten the ring of muscle around the back passage as if you are trying to control diarrhoea or wind. Relax it. Practice this movement several times until you are sure you are exercising the correct muscle. Try not to squeeze your buttocks or tighten your thighs or tummy muscles.
3. Imagine you are passing urine, trying to stop the flow mid-stream, then restarting it. (You can do this "for real" if you wish, but do so only to learn which muscles are the correct ones to use: do not make a practice of it or it may interfere with normal bladder emptying.) If your technique is correct, each time that you tighten your pelvic floor muscles you may feel the base of your penis move up slightly towards your abdomen.
4. If you are unable to feel a definite squeeze and lift action of your pelvic floor muscles (or are unable to even slow the stream of urine as described in point 3), you should seek professional help to get your pelvic floor muscles working correctly. Even men with very weak pelvic floor muscles can be taught these exercises by a physiotherapist or continence advisor with expertise in this area. Consult with your own health care provider for information and assistance.

Doing Your Pelvic Floor Exercises

Now that you can feel the muscles working, you can start to exercise them:

1. Tighten and draw in strongly the muscles around the anus and the urethra all at once. Lift them up inside. Try and hold this contraction strongly as you count to five, then release slowly and relax for a few seconds. You should have a definite feeling of "letting go".
2. Repeat ("squeeze and lift") and relax. It is important to rest in between each contraction. If you find it easy to hold the contraction for a count of five, try to hold for longer - up to ten seconds.

3. Repeat this as many times as you are able up to a maximum of 8-10 squeezes. Make each tightening a strong, slow and controlled contraction.
4. Now do five to ten short, fast, but strong contractions, pulling up and immediately letting go.
5. Do this whole exercise routine at least 4-5 times every day. You can do it in a variety of positions - lying, sitting, standing, walking.
6. While doing the exercises:
 - DO NOT hold your breath.
 - DO NOT push down instead of squeezing and lifting up.
 - DO NOT tighten your tummy, buttocks or thighs.

Do your exercises well. The quality is important. Fewer good exercises will be more beneficial than many half-hearted ones.

Make the Exercises a Daily Routine

Once you have learnt how to do these exercises, they should be done regularly, giving each set your full attention. It might be helpful to have at least five regular times during the day for doing the exercises - for example, after going to the toilet, when having a drink, when lying in bed. You will wish to tighten your pelvic floor muscles also while you are getting up from a chair, coughing or lifting. Some men find that by tightening before they undertake such activities they assist themselves in regaining control.

Good results take time. In order to build up your pelvic floor muscles to their maximum strength you will need to work hard at these exercises. You will probably not notice an improvement for several weeks and you will not reach your maximum performance for a few months.

When you have recovered control of your bladder or bowel you should continue doing the exercises twice a day for life.

Other Tips to Help Your Pelvic Floor

- Avoid constipation and prevent any straining during a bowel movement.
- Seek medical advice for hay-fever, asthma or bronchitis to reduce sneezing and coughing.
- Keep your weight within the right range for your height and age.
- Share the lifting of heavy loads.

Variation on Pelvic Floor Exercises

There are different types of pelvic floor exercises: the quick pelvic floor exercises and the slow pelvic floor exercises. Every pelvic floor muscle squeeze needs to be done as strongly as you possibly can. This is called a maximal squeeze and it is the only way that muscle strength can be improved.

In performing the quick exercises, the pelvic floor muscles are rapidly tightened and relaxed. During the slow exercises, the muscles are tightened for 6 seconds and then relaxed. Try to complete six maximal slow squeezes three times a day, as well as six fast squeezes. The exercises can be done with other activities such as reading, watching television and relaxing (sitting and lying down).

Another Variation on Pelvic Floor Exercises

Squeeze and Release

Start by squeezing and releasing the muscles 15 times. Don't hold the contraction, just squeeze and release.

Do the Exercises Every Day

At first, do one set of 15, twice a day. Try to concentrate on squeezing only your pelvic floor muscles, not your stomach and thighs. It will become easier with practice.

Gradually increase the number until you can do 40 or 50 at a time. Build up slowly.

When you're comfortable doing 40 or 50, you can vary the exercise by holding each contraction to the count of three before releasing. Again, build up slowly until you can achieve 40 or 50.

It may take up to six weeks to begin to feel the benefits, but you will definitely feel them.

Additional Benefits of Pelvic Floor Exercises for Men

Pelvic floor exercises for men have been found to be highly effective in restoring erectile function according to recently published research. Research at the Faculty of Health and Social Care at the University of the West of England, Bristol, shows that pelvic floor exercises result in the same overall improvement rate seen in a large trial of men taking Viagra.

Fifty-five men with an average age of 59 years who had experienced erectile dysfunction for six months or more took part in the trial, based at the Somerset Nuffield Hospital, Taunton. Dr Grace Dorey, who led the research, found that 40% of these men regained normal function, 35.5% improved, while 25.5% failed to improve. She also found that 65.5% of men with erectile dysfunction also had a dribble of urine after urinating and that this embarrassing condition improved dramatically using pelvic floor muscle exercises.

Compiled by RAO-Osan.com from the following web sites:

<http://www.continence-foundation.org.uk/symptoms-and-treatments/pelvic-floor-exercises.php>

(this page starts with exercises for women, for whom these exercises were originally developed, and then discusses exercises for men)

http://www.netdoctor.co.uk/features/pelvicexercises_003841.htm

http://www.poise.com/au/bladder_control/exercises.asp

<http://ww.uwe.ac.uk/UWENews/Default.asp?item=368>