

Helpful Hints for Pelvic Floor Muscle Exercises for Men

1. Recognizing the right muscles to contract is important. The muscles you need to work are the same muscles you would use to hold back gas or a bowel movement. When you squeeze these muscles, you should feel a tightening around your penis, scrotum, and anus. As these muscles get stronger, think about drawing the pelvic floor (the area around your scrotum and anus) “up and inward”.
2. Breathe during the exercises. Holding your breath can raise your blood pressure. If you have difficulty breathing, count aloud while you contract your muscles. This will force you to breathe while you exercise.
3. Do not “bear down” or push when you exercise. This will cause strain on your pelvic floor. Instead, you need to think about drawing the pelvic floor upwards, like an elevator.
4. Relax your muscles completely between each contraction for the entire time recommended by your nurse. Relaxing the muscles between each contraction allows blood and oxygen to flow to the muscle. Proper relaxation will prevent your muscles from getting too tired.