

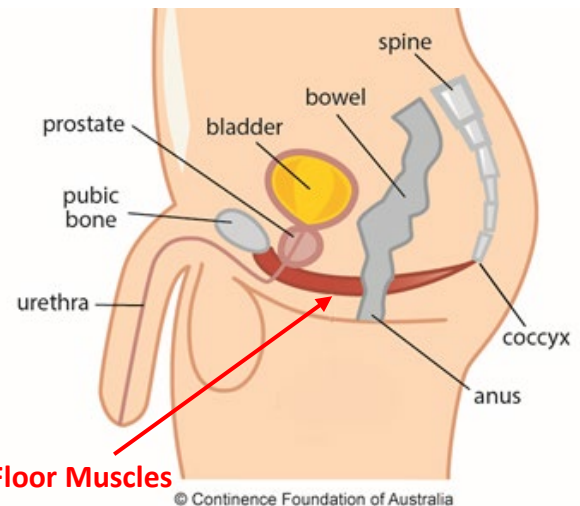
Pelvic Floor Muscle Training For Men

What are the pelvic floor muscles?

The pelvic floor muscles are a sling of muscles that stretch from the pubic bone at the front of your pelvis, to the tail bone at the back.

What do the pelvic floor muscles do?

The pelvic floor muscles support your pelvic organs; the bladder and the bowel. The wee tube (urethra) and the back passage (anus) both pass through the pelvic floor muscles. These muscles help to control the bladder and the bowel. They also help with erectile function.



What are pelvic floor exercises?

Pelvic floor exercises may help improve bladder control for men who are experiencing bladder or bowel leakage. By improving the strength of the pelvic floor muscles, men may find they have improved bladder control during coughing, sneezing or physical activity. Pelvic floor muscle exercises can also help men who experience a strong urge to pass wee that is difficult to delay, or leakage because they can't make it to the toilet in time. These exercises can also help improve bowel control.

How to correctly do a pelvic floor muscle exercise?

When doing a pelvic floor muscle exercise, keep your bottom, thighs and upper tummy muscles completely relaxed. Keep breathing normally and do not hold your breath.

Activate your pelvic floor muscles by:

1. Shortening the penis
2. Imagine you are stopping the flow of urine mid-stream
3. Squeeze the anus closed and squeeze it forwards and upwards towards the pubic bone

When you relax you should feel the pelvic floor muscles release and let go.

Your pelvic floor exercise program:

You need to focus on: _____

1. Strength holds:

Activate and hold your pelvic floor muscles strongly, and keep breathing normally.

Hold for _____ seconds

Rest for _____ seconds

Do this _____ times, _____ x day

2. Quick squeezes:

Activate and relax your pelvic floor muscles strongly and quickly. Ensure you completely relax between contractions. Do ____ squeezes in a row ____ x day.

3. Endurance holds:

Activate you pelvic floor muscles more gently (to _____ %) and keep holding. Keep breathing normally.

Hold for _____ seconds

Rest for _____ seconds

Do this _____ times, _____ x day

Position(s) for your exercises:

Lying

Side lie

Sitting

Standing

4. Functional exercises:

Activate your pelvic floor muscles before and during cough, sneeze, change of position, lifting an object, laughing and blowing your nose. The more you practice this, the more automatic it will become.

How do I know if I am doing a pelvic floor exercise correctly?

If you are correctly contracting your pelvic floor muscles, you may be able to see or feel the scrotum lift and penis dip.

To check, you can try doing a pelvic floor muscle contraction in front of a mirror, you try stopping the flow of wee midstream as a test. DO NOT exercise regularly while weeing at the toilet.

The **Australian Charter of Healthcare Rights** describes the rights of all people who use the Australian healthcare system. Copies of the charter in community languages are available near the main entrance of all Western Health hospitals, or ask a staff member or volunteer.

For more information, visit www.safetyandquality.gov.au/australian-charter-healthcare-rights



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This material has been developed in partnership with Western Health consumers.

