



Kegel Exercises - Male

Pelvic floor muscle exercises, also known as **Kegel exercises**, strengthen the pelvic floor muscles. These exercises are the most important and effective exercises for improving awareness and maintaining strength in the pelvic floor musculature. It is believed that exercising these muscles may help you regain your urine control after prostate surgery. The benefit may even be greater if you start exercising these muscles before your surgery.

How to identify the correct muscles

To find the pelvic floor muscles, you may place your finger inside your rectum. Try to squeeze the muscles around your finger. This is the same muscle you use to hold back gas or a bowel movement. Another technique is to stand in front of a mirror and try to contract the muscles that would make your penis move up and down.

Avoid using your stomach, leg, or buttock muscles. Tighten only the muscles of your pelvic floor. Rest your hand on your abdomen to make sure you are not using your abdominal muscles.

Doing the exercises

- Gradually, not quickly, squeeze your pelvic floor muscles and hold for a count of five seconds. Then relax the muscle while you take a slow breath in and exhale. In the beginning you may not be able to hold for the entire 5 seconds, but keep practicing. It will get easier as your pelvic floor gets stronger.
- Do one to three sets of 10 in the morning, afternoon, and at bedtime.
- At first you may find it more comfortable to do the exercises while reclining in a chair or even lying down in bed. With time and practice these exercises can be done anywhere at any time. If you are doing them correctly nobody can see you doing them.
- Do not hold your breath. This makes it more difficult for the muscles to work.
- After each contraction be sure to let the muscles relax completely.

When will I notice a change?

Strength and control builds slowly; do not expect to see results right away. Improvement varies from person to person. Continued exercise is required to maintain continued benefit.