

Kegel Exercises For Men

BENEFITS OF KEGEL EXERCISES FOR MEN

Many factors can weaken your pelvic floor muscles, including the surgical removal of the prostate (radical prostatectomy) and conditions, such as diabetes and an overactive bladder.

You may benefit from doing Kegel exercises if you:

- Have urinary or fecal incontinence
- Dribble after urination - usually after you've left the toilet

FIND THE RIGHT MUSCLES

To identify your pelvic floor muscles, stop urination in midstream or tighten the muscles that keep you from passing gas. These maneuvers use your pelvic floor position, although you might find it easiest to do them lying down at first.

Perfect your technique. Tighten your pelvic floor muscles, hold the contraction for three seconds, and then relax for three seconds. Try it a few times in a row. When your muscles get stronger, try doing Kegel exercises while sitting, standing, or walking.

Maintain your focus. For best results, focus on tightening only your pelvic floor muscles. Be careful not to flex the muscles in your abdomen, thighs or buttocks. Avoid holding your breath. Instead, breathe freely during the exercise.

Repeat three times a day. Aim for at least three sets of 10 repetitions a day.

Don't make a habit of using Kegel exercises to start and stop your urine stream.

WHEN TO DO YOUR KEGELS

Make Kegel exercises part of your daily routine. For example, fit in a set of Kegel exercises every time you do a routine task such as:

- Brushing your teeth
- After urination, to get rid of the last few drops of urine
- Just before and during any activity that puts pressure on your abdomen, such as sneezing, coughing, laughing or heavy lifting

WHEN YOU'RE HAVING TROUBLE

If you're having trouble doing Kegel exercises, don't be embarrassed to ask for help. Your doctor or other healthcare provider can give you important feedback so that you learn to isolate and strengthen the correct muscles.

In some cases, biofeedback training might help. In a biofeedback session, your doctor or other healthcare provider inserts a small probe into your rectum. As you relax and contract your pelvic floor muscles, a monitor will measure and display your pelvic floor activity. You can also perform this in front of a mirror. You will see your penis lift slightly.

Van Wert Health also offers Pelvic Floor Therapy to teach you exercises beyond Kegels to target and strengthen pelvic floor muscles. Talk with your provider about how a referral for pelvic floor physical therapy can help.

WHEN TO EXPECT RESULTS

If you do your Kegel exercises regularly, you can expect results - such as less frequent urine leakage - within a few weeks to a few months. For continued benefits, make Kegel exercises a permanent part of your daily routine.