

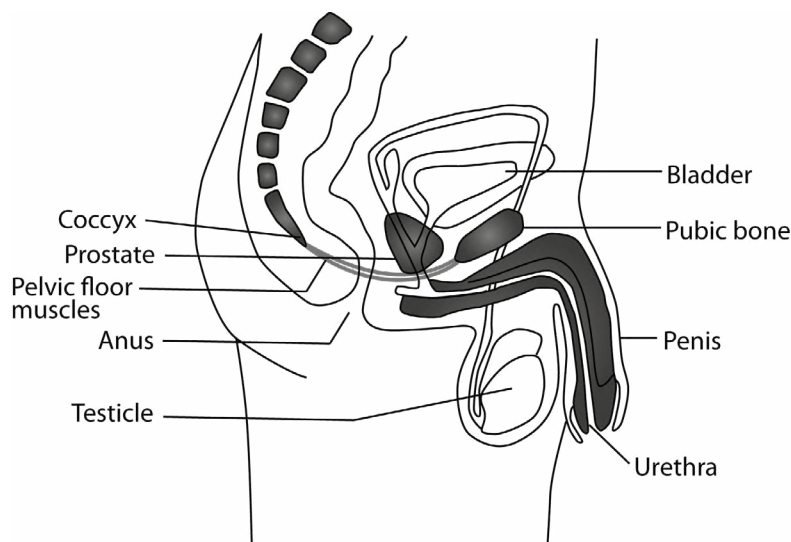
Male pelvic floor exercises

Information and advice for patients

Sandwell adult bladder and bowel service

What are pelvic floor exercises?

Pelvic floor exercises are exercises for the pelvic floor muscles. The pelvic floor muscles are attached to the bottom of your spine (coccyx) and the bone between your legs (pubic bone). They support your bladder and bowel and help to control when you pass urine (wee) and faeces (poo).



The pelvic floor muscles should be firm and strong to keep the urine and faeces inside. If the muscles have become weakened they may cause you to accidentally leak urine or faeces. The muscles can be weakened after prostate or abdominal surgery, straining to open your bowels or having a persistent cough.

What are the benefits of performing pelvic floor exercises?

Pelvic floor exercises can increase the strength and tone of your pelvic floor muscles to help you gain better control passing urine and faeces. The improvement you get from the exercises will depend on how much effort you put in and how often you perform them.

What are the risks of performing pelvic floor exercises?

If you do not use the right muscles when performing the exercises you may not experience any improvement.

What are the risks of not performing pelvic floor exercises?

If you choose not to perform pelvic floor exercises your pelvic floor muscles will not become stronger and you may continue to experience problems controlling when you pass urine and/or faeces.

Are there any alternatives to performing these exercises?

Depending on your condition there may be alternative treatments such as re-training your bladder or medication. However these treatments may only be considered if you have already tried pelvic floor exercises first.

How to perform pelvic floor exercises

1. Choose any comfortable position with your knees slightly apart.
2. Imagine that you are trying to stop yourself passing wind; slowly squeeze the muscles around your back passage (anus). You should not be using any other muscles – do not pull in your tummy, squeeze your legs together or tighten your buttocks.
3. Bring the feeling forward as if you were trying to stop yourself passing urine. You should be able to feel the muscle move upward and inward and your penis and scrotum will move up towards your body.
4. Hold this for five to ten seconds.
5. Let the muscles lower and relax, then rest for ten seconds.
6. Repeat steps one to five up to ten times (you will need to work up to this gradually).
7. Now try to perform a set of quick exercises ('quick flicks') – squeeze the muscles quickly and hold for one second before relaxing.
8. Work up to doing ten quick flicks at any one time.

Build up to doing ten slow exercises and ten quick flicks at least once a day.

Whenever you do anything that might cause you to leak urine you should quickly tighten your pelvic floor muscles and hold them tight to prevent leakage.

Further information

If you have any questions or concerns about performing these exercises or problems with continence please speak to your GP, continence nurse or continence physiotherapist (if you have one).

For more information about our hospitals and services please see our website

www.swbh.nhs.uk follow us on X @SWBHnhs and like us on Facebook

www.facebook.com/SWBHnhs.

Sources used for the information in this leaflet

- National Institute for Health and Clinical Excellence, 'The management of lower urinary tract symptoms in men', May 2010
- Centre for Reviews and Dissemination, 'Pelvic floor muscle training to improve urinary incontinence after radical prostatectomy: a systematic review of effectiveness', August 2009
- Practice Nurse, 'Male urinary incontinence', April 2009
- National Institute for Health and Clinical Excellence, CG49 'Faecal incontinence: The management of faecal incontinence in adults', June 2007

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Incorporating the Midland Metropolitan University Hospital, City Health Campus, Sandwell Health Campus and Rowley Regis Hospital.

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ML5272

Issue Date: October 2024

Review Date: October 2027