



Kegel Exercises for Men

How do I Locate the Pelvic Muscles?

The following methods have been used to help identify the specific muscles that you will be exercising with the Kegel exercises:

- Tighten the ring of muscles around the rectum as if you wanted to avoid passing gas or having a bowel movement. You should feel a "drawing up" or tightening between your legs.
- Stand in front of a mirror and look at your penis. Try to make your penis twitch or move up and down without moving the rest of your body. If you can, you are using the right muscles.
- While standing at the toilet, tighten your muscles and stop the flow of urine. If you cannot stop the flow, try again.

How Do I Exercise the Pelvic Muscle?

First exercise

1. First, empty your bladder. Then relax.
2. Tighten the muscle and hold for 10 seconds, then relax the muscle completely for 10 seconds. You should feel a pulling sensation around your rectum.
3. Repeat 10 - 20 times, tightening and relaxing for each set. Repeat the set 5 times per day.

Second exercise

1. Tighten the pelvic floor for 1 second and then relax for 1 second. Repeat as many times as you can, as often as you can.

When Should I Exercise the Pelvic Muscle?

These exercises may be done at any time: watching TV, riding in a car, etc. At first you may not be able to hold this contraction for the full count of 10 seconds; however, you will slowly build up to this. The muscle may start to tire after about 6 or 8 exercises. If this happens, stop and go back to exercising later.

What are Some Common Mistakes?

Never use your stomach, legs, or buttock muscles. To find out if you are using your stomach muscle, place your hand on your abdomen while you squeeze your pelvic muscle. If you feel your abdomen move, then you are using these muscles. In time, you will learn to practice effortlessly, eventually working these exercises into your lifestyle: tighten when you walk, before you sneeze, when moving from a reclined position to upright sitting, when moving from sitting to standing, etc.