

# Pelvic Floor Exercises

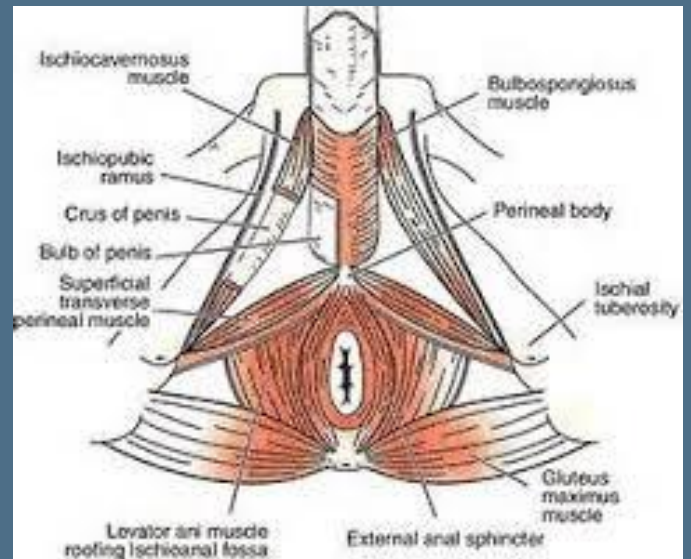
These are the single most important actions you can take to improve outcomes after prostate cancer.

The pelvic floor is a sling of muscle supporting the entire abdominal cavity, from anteriorly at the pubic bone to posteriorly at the coccyx.

There are 2 sphincters within it, the urethral and rectal sphincters that control continence.

Get the help of an expert physiotherapist trained in men's health to guide you.

The Pelvic Floor has an important role to play in erectile function. Orgasm involves the rhythmic contractions of the pelvic floor muscles. Therefore, stronger PF = more intense orgasms and increased blood flow to the penis.



[prost.com.au](http://prost.com.au)

[thepenisproject.org/](http://thepenisproject.org/)

[uri-log.com](http://uri-log.com) (recording tool)

## Pelvic Floor Correct Technique

(from Dr Jo Millios, Physiotherapist Men's Health Specialist)

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### Muscle Tightening

Tighten the muscles of the urethra like you are stopping the flow of urine - squeeze ie activates bulbocavernosus (BC) to compress bulb of urethra.

2

### Draw the Testes Up

Draw the testes up inside the pelvis to lift muscles, retract or shorten the penis - activates striated urethral sphincter (SUS) and pulls the urethra posteriorly.

3

### Gentle Tightening

Gently tighten the muscles around the anus = puborectalis (PR), pulls urethra anterior & elevates bladder neck.

**NB:** Keep breathing in and out by counting out loud 1-10.

Do it 5-6 sets per day.

Each set is a combo of 10 quick '1 second contract and relax', followed by 10 x hold for 10sec, rest for 10 sec with majority in standing, if possible.



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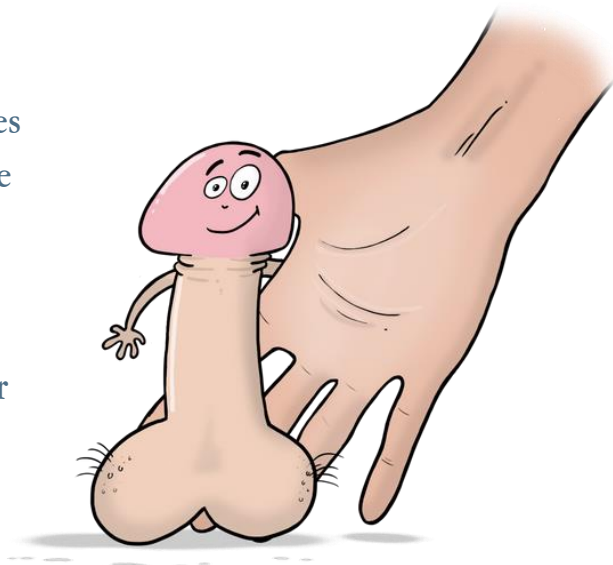


# Penile Massage

Penile massage increases the flow of blood to the tissues in the penis. More blood means more oxygen and more nutrients.

You can use lubricant or Vitamin E cream for this, or just do it in the shower. Place the thumb and forefinger of both hands around the base of the penis and gently push blood into the penis shaft.

You only need to move about 50mm repeating the process, it is similar to milking a cow teat. Any blood flow into the penis is good.



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## This is not masturbation. It is different so please read below...

Why would I massage my penis you ask? The answer is, massage increases the flow of blood to the veins and tissues in the penis. More blood means more oxygen and more nutrients, and this can only be a good thing.

### So how do you do it?

It is very easy to perform and is similar to the way we milk cows.

While using this technique you can use lubricant or Vitamin E cream and work on your penis with your forefinger and thumb.

Try to apply appropriate pressure with both forefinger and thumb and make up and down movements in a continuous rhythm for 1-2 mins to get the blood flow into the shaft.

This can be combined with pelvic floor exercises in the shower and done between the pelvic floor repetitions.

The aim is to extend the penis and get the blood flowing into penile tissue post prostate treatment. It probably won't become ridged, do not be concerned about this.

