

Corina Avni Registered Physiotherapist

Practice Number 0052205

Special interest in Pelvic Function

Room 100, Fairfield Suites, Kingsbury Hospital, Wilderness Rd, Claremont, Cape Town, 7708, South Africa
Tel: +27 (0)21 683 1174 Cell: + 27 (0)83 258 2843 corina@pelvicfunction.co.za www.pelvicfunction.com



Pelvic Floor Muscle Contract and Relax for the Men

Most men are unaware that they have a collection of muscles that can be used to control bladder and bowels, and to promote sexual function. These muscles form a sling, or hammock, on which the pelvic and abdominal organs rest. They stretch from the pubic bone at the front to the coccyx at the back and enclose the rectal opening and the base of the penis, and hence bladder opening, the urethra.

By learning to use these muscles effectively you can control the bladder better: holding on for longer, delaying voiding, and pushing out the last few drops of urine. They will also protect you in high-pressure everyday activities. Exercising the muscles also improves the resting tone, which helps to hold the anus closed, thus improving control of wind and faeces. When emptying the bowels, strength in this band of muscles also protects the rectum from damaging straining forces and makes for a more comfortable motion.

There are 4 main 'types' of PFM contractions:

- strong slow squeezes
- fast squeezes
- gentle long holds
- push outs

1. Strong Slow Squeezes (70-80% effort)

Tighten your pelvic floor, and hold the contraction. As your muscle gets stronger and fitter, your starting block will change. Progress slowly until you can do 10 repetitions and hold each squeeze for 10 seconds.

Practice: _____ repetitions _____ seconds _____ times a day

2. Fast Squeezes (90-100% effort)

It is also important to be able to work these muscles very quickly, so that they can jump in and protect you when you cough or sneeze. Try to tighten the muscles and let go immediately; no hold.

Practice _____ fast contractions _____ times a day.

3. Gentle Long Holds (20-50% effort)

It is also to your benefit to try and hold a pelvic floor contraction (not as hard as you can, but hard enough to be 'aware of') for longer periods of time. If you get really good, try and do it whilst doing other things e.g. playing golf, walking around.

Try and hold at less than 20-50% of your 'maximum' for 20 seconds and upwards.

4. Push outs:

Bear down on the muscles as if to force out the last few drops of urine flow. You will feel the abdominal muscles clench as well.

Hold for _____ seconds. Repeat _____ times.