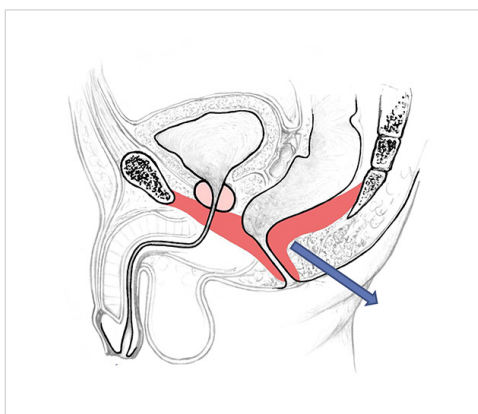


PF STRENGTHENING EXERCISES

MALE PF MUSCLE STRENGTHENING

These exercises are routine exercises [to be done for muscle strengthening after prostate surgery](#).

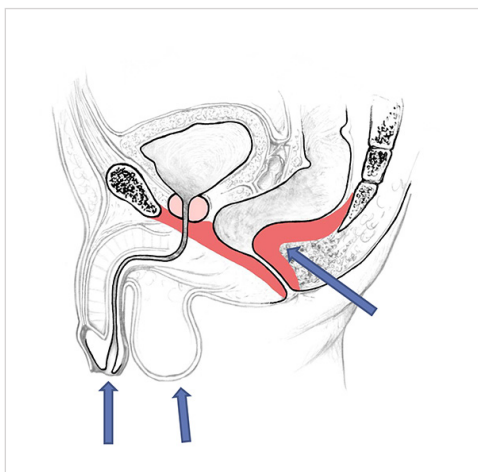
RELAX



Before you start contracting the pelvic floor you must make sure it is **first completely relaxed**.

Look at the diagram here and see the difference between relaxed here and contracted below.

CONTRACT



Breathe (sigh) out before you start, making sure that your lungs are completely empty

Squeeze the pelvic floor

- Drawing up the back passage
- Lifting up the scrotum
- Pulling the penis back and in

Make sure you don't lift your chest
 Don't brace your stomach
 Don't force downwards
 Don't move your pelvis

Keep holding this for 5 seconds

Then progress to **breathing and holding for 10 seconds**

[Do a set of fast contractions](#) ie pull up and drop back down quickly 10 times