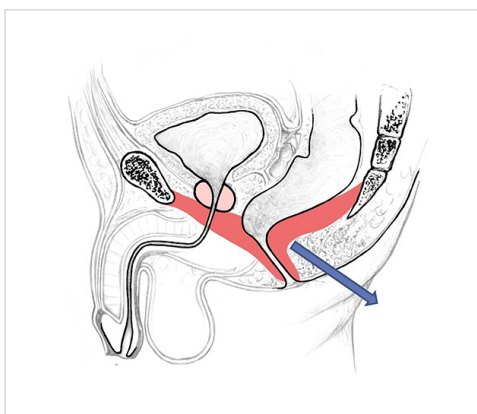


# PF STRENGTHENING EXERCISES

## MALE PF MUSCLE STRENGTHENING

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

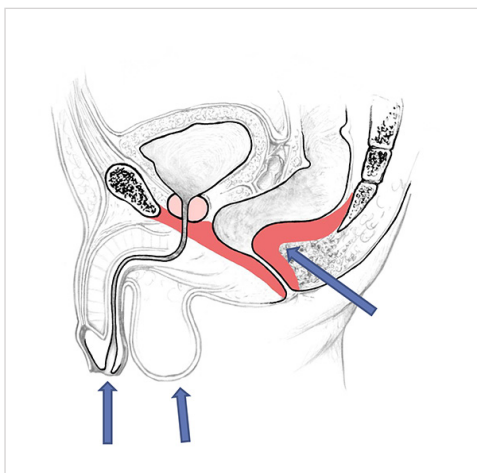
### RELAX



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