



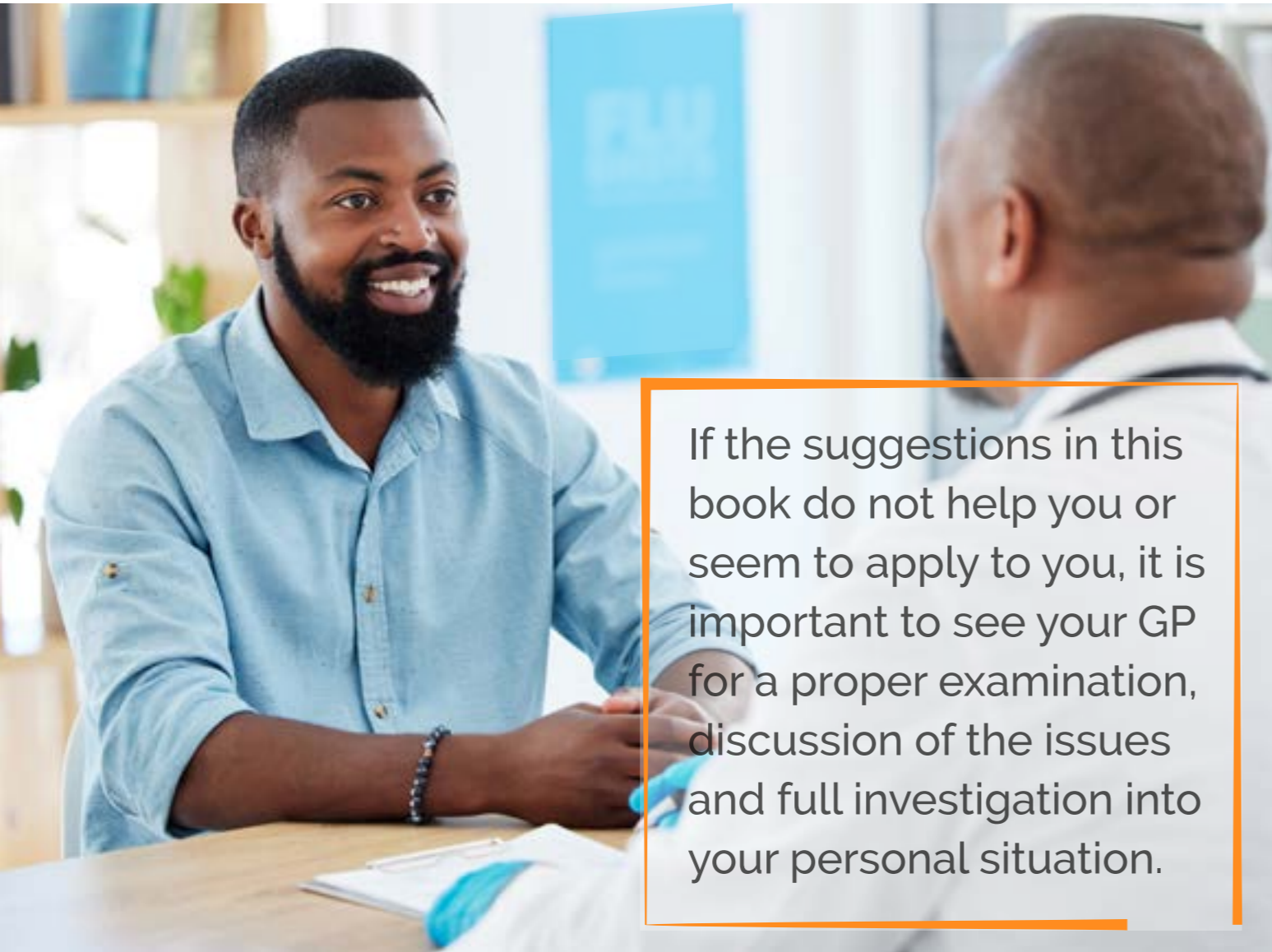
Always by your side

Learn more about  
**Pelvic Health**  
for men

You are one step closer to a healthier,  
stronger and more sensitive pelvic area.

Written in collaboration with  
Amanda Savage, one of the UK's  
leading pelvic health specialists.  
MCSP MSt (Cantab)





If the suggestions in this book do not help you or seem to apply to you, it is important to see your GP for a proper examination, discussion of the issues and full investigation into your personal situation.

# Hello & welcome

In this guide we explore some common pelvic problems specific to men and their usual solutions. These can be surprisingly easy such as exploring pelvic floor exercises, addressing your fitness levels, bladder and bowel habits and the power of communication.

Our bladder & bowel control, pelvic comfort, sexual wellbeing and intimate relationships (with ourselves or others) are important. However, it is easy to quickly adapt to things not being "right". Accepting a less than good experience as our new normal.

Our bodies change slowly through life. We all have a unique journey from puberty, through adulthood to old age. We are also shaped by our sexual experiences, work and hobbies, illnesses, medical conditions and surgical procedures.

You can regain your body self-confidence and sexual relationships and optimise your pelvic health for the future.

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## Kegel Exercises are for men too!

**First things first – yes, Kegel exercises are as important for men as for women.**

Research has shown us that most men can massively improve the strength, tone and skills of their pelvic floor muscles by simply doing pelvic floor exercises (also known as Kegels).

A strong healthy pelvic floor supports your pelvic & lower spine, helps closure of the bladder tube to prevent leaks, and helps you control bladder urges. The pelvic floor muscles also have to release to fully empty the bladder and bowel. You need to be able to both contract and relax the muscles for erectile function & sexual pleasure.



### Problems which improve with pelvic floor strength training

- Bladder or bowel leakage
- Bladder sensitivity & frequency
- Post-micturition dribble
- Poor wind control
- Erectile dysfunction
- Premature ejaculation



### Problems which improve with “downtraining” (learning to relax and stretch the pelvic floor)

- Bladder control & nocturia
- Painful bladder or pelvic syndromes
- Constipation
- Difficulty emptying the bladder

# How to do Kegels...

## 1. Slow holds

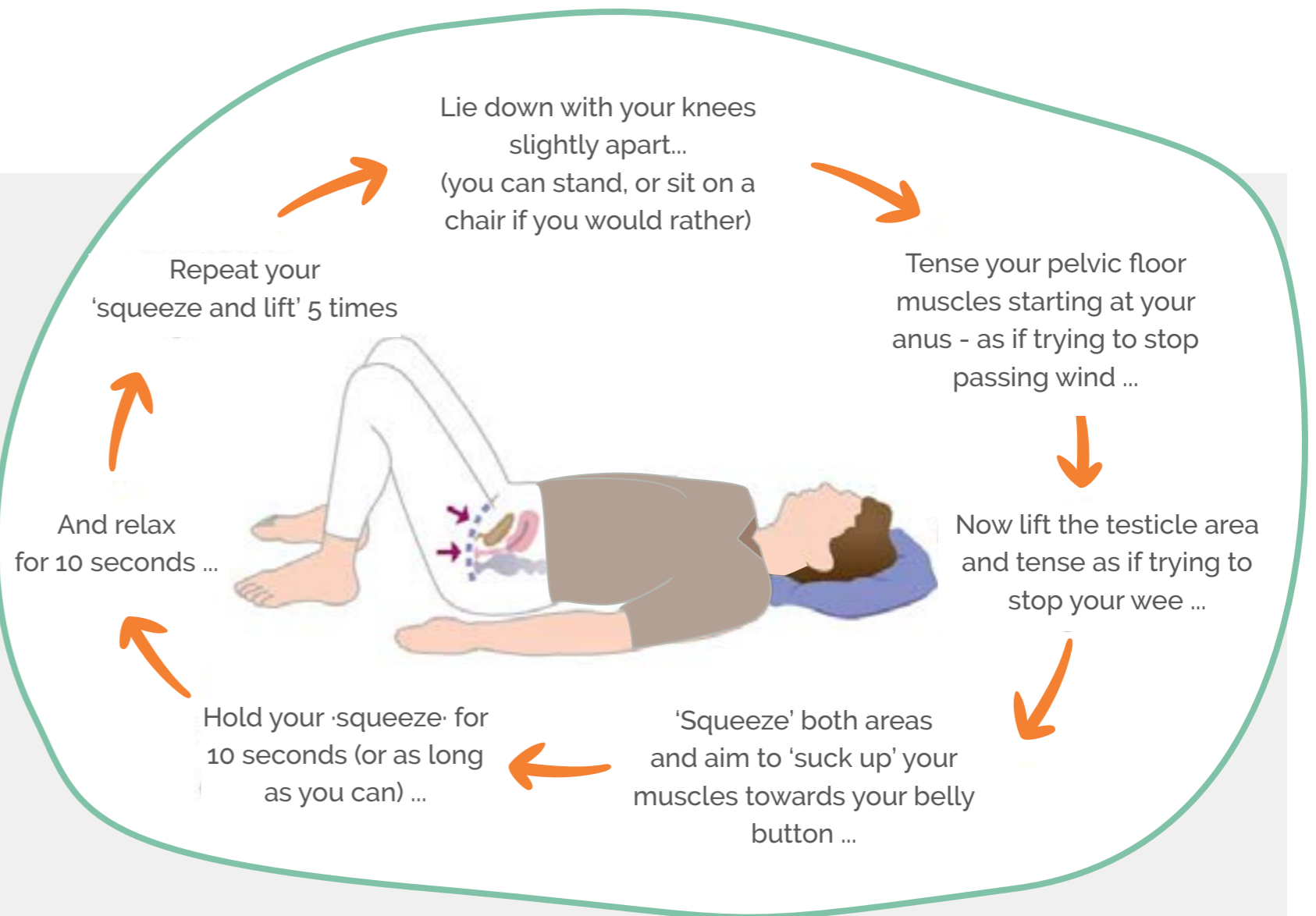
### Slow pelvic floor exercises for men

- Tense the muscles slowly, so that you can feel a lifting sensation.
- Try to hold this for ten seconds – but don't forget to breathe!
- Slowly relax the muscles and rest for 10 seconds.
- Aim to repeat this around ten times. Don't worry if you can't hold the lift for ten seconds at first – you can build up to this.

## 2. Quick squeezes

### Fast male pelvic floor exercises

- Repeat the same action as before, but this time, try tightening the muscles as quickly as you can.
- Hold a strong contraction for 1-2 seconds and then let go.
- Try to do this around ten times.



## 3. Relaxing the muscles

Don't underestimate the importance of muscle relaxation too. When you work your muscles blood flows out of them, and it only flows back in when you relax them. It is the combination of work and rest which strengthens muscles. Also notice your breathing. Make sure you ARE breathing even when exercising your muscles!

## 4. Finding your muscles in different positions

It is important to learn to use your muscles in all the things we do in life. Practise lying, sitting, standing and... Multi-tasking!

## Make it a routine

Try using the **10 - 10 - 3** method as way of incorporating pelvic floor exercise into your daily routine.

**1. Perform a 10 second slow Kegel:**

squeeze and lift the muscles around your anus and testicles. Repeat up to 10 times.

**2. Perform 10 fast Kegels:**

Squeeze and lift quickly for 2 seconds and then fully relax. The relaxation part is important!

**3. Repeat 3 times a day.**

Repetition and persistence are key!

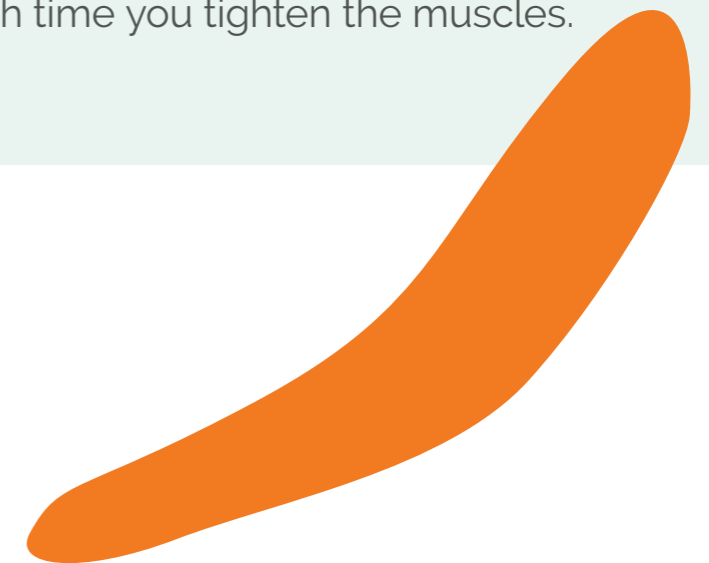


## The Knack

Need a quick win with improving bladder leakage? The Knack is the magical art of drawing up your pelvic floor muscles **just before** you cough, sneeze, laugh or pick up something heavy. It is during these times that your pelvic floor muscles are put under sudden pressure and are forced to quickly react to save you from embarrassment. Research has confirmed it works to stop urine leakage.

## How do you know you are doing it right?

You can check you're using the right muscles by placing your fingertips on the skin behind the scrotum. If you're using the right muscles, you'll feel the muscles lift away from your fingers each time you tighten the muscles.

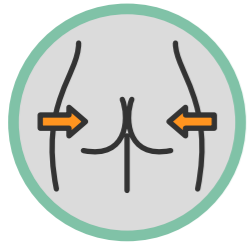


# Struggling to squeeze?

Research has shown us that most women can massively improve the strength, tone and skills of their pelvic floor muscles by simply doing regular classic pelvic floor exercises. However, do check that you are doing them correctly & the most up to date way.

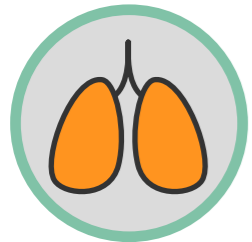
## Did you know?

Most men don't know how to produce an effective pelvic floor contraction. These are the common mistakes...



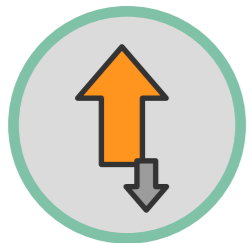
### Squeezing your buttocks

It's important to isolate the pelvic floor and not tense other muscles like your glutes or abs.



### Remember to breathe...

Always focus on your breathing when Kegeling. You should be able to breathe normally; don't strain or hold your breath!



### Lift, don't push

This one is very important: you must squeeze and lift! Pushing down on the muscles is counter-productive as it puts undue pressure on the pelvic floor.



### Don't give up!

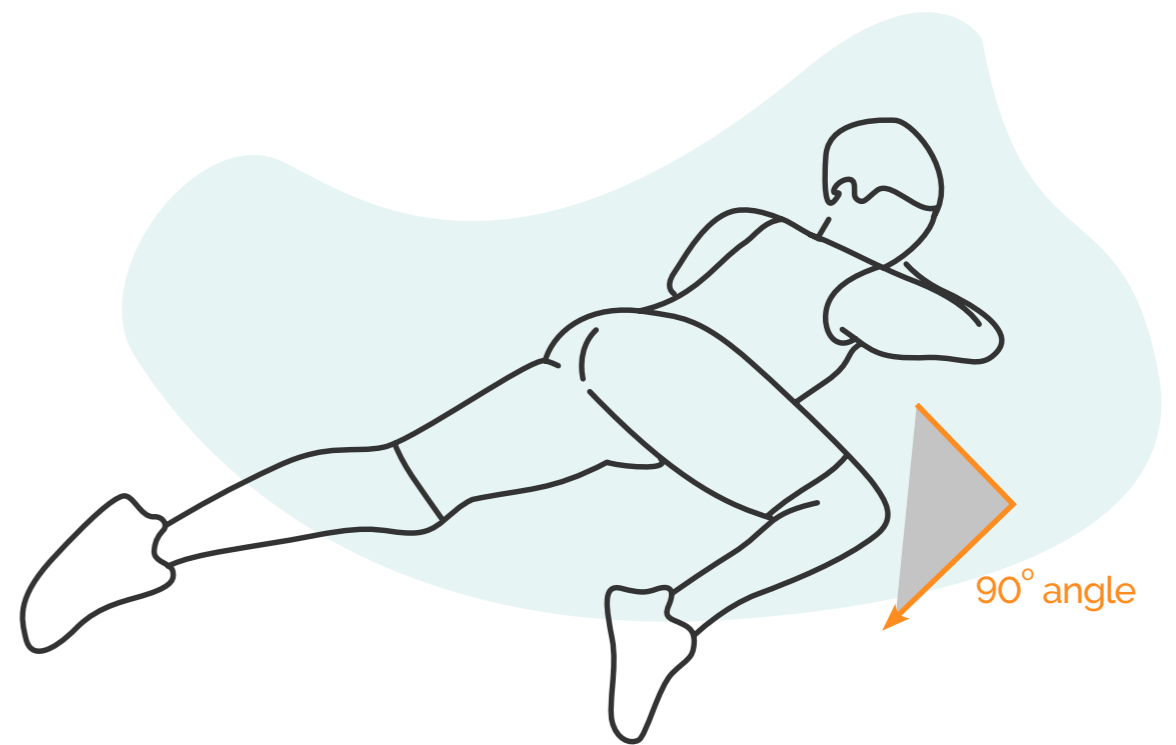
It takes persistence, practise, and patience to see results but it will be worth it. Make them a part of your daily routine and you'll see results before too long.

## Try this position

Here's another great position to hold while you do your pelvic floor exercises. Lying like this will help isolate the pelvic floor muscles and prevent you from squeezing your buttocks or tensing your abdominal muscles;

Lie on your stomach, resting your head on your hands with your legs out straight. Then bring one leg out to the side, bending your knee to a **90 degree angle**. Simple!

With this pose you should really feel the focus on your pelvic floor muscles.



A romantic couple is shown in a close embrace, about to kiss. The man is leaning over the woman, and they are both smiling warmly. The background is softly blurred, suggesting an indoor setting with light-colored walls and a window. The overall mood is intimate and affectionate.

# Improving your Sex Life

# Sexual Problems which can be helped by pelvic floor exercises & lifestyle changes

Erectile dysfunction (ED) is when you are unable to get or keep an erection suitable for sexual intercourse or another chosen sexual activity. Premature Ejaculation (PE) is when a male quicker than they wanted to during sexual intercourse

There can be many contributing factors, therefore you should discuss your symptoms with your doctor.

Meanwhile, research has shown that you can also help improve sexual function with exercise. If you have symptoms of weak erections or difficulty sustaining an erection for long enough, or experience premature ejaculation, you will benefit from exercises that strengthen your pelvic floor muscles. If you are sexually active, tightening your pelvic floor muscles during intercourse will help maintain the quality of your erection.

## **It is important to regularly exercise the pelvic floor muscles.**

These muscles need to have good tone and firmness. The bulbocavernosus wraps around the base of the penis, assisting in keeping blood in the penis whilst it is erect. The ischiocavernosus muscles are thought to act like guy ropes and assist in supporting the erect penis.

your pelvic floor muscles.

## **Why muscles become weaker:**

The walls at the base and the sides of the pelvis are layered with the pelvic floor muscles. These muscular walls can become weakened and stretched from an injury (like landing on the cross bar of your bike, or a high groin strain) or, overtime, from repeated coughing, straining for constipation or carrying a lot of weight. Simply aging also causes muscles to weaken.

## **Regular pelvic floor exercises will:**

- Bring blood flow to the area to nourish the tissues. Improving blood flow to the pelvis improves muscle & nerve function leading to improved rectal and pelvic sensation.
- Improve your ability to relax the perineum for bladder & bowel emptying.
- Help you become aware of your internal and external muscles, improving your sensitivity and ability to use your muscles actively during sex.
- Strengthen the muscle tissue for better erectile tone and better closure for bladder control.



**Problems with sexual function can start small but quickly escalate as you can get caught in a vicious circle. Experiencing problems with ED or PE can cause secondary problems like**

- Reducing your libido or sex drive
- Impacting on your mood and general mental health
- Affecting your body confidence

## 1. Keep a personal lubricant in your bedside table drawer

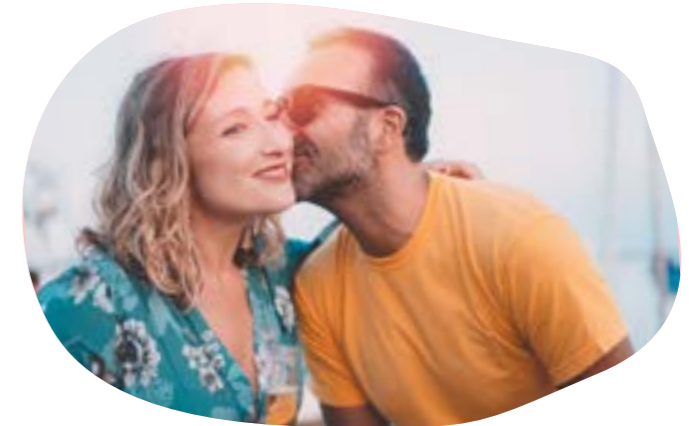
Using a personal lubricant during your foreplay can have a magical transformation to both your comfort and enjoyment

- Encouraging you both to take a little longer getting in the mood and stimulating sexual arousal processes
- Helping your partner to relax and for their tissues to feel comfortable will make penetration easier for both of you
- Lubrication helps reduce friction discomfort as you move
- If they are comfortable you will not feel under time pressure

## 2. Adopt a Healthy Lifestyle

A few small changes to your routine can make a big difference

- Being active increases energy levels and improves your mood
- Avoid smoking and alcohol as they impact your body
- 'Eat the rainbow' as the range of nutrients will benefit your health
- Keep hydrated to ensure your body is balanced
- Adopt a good sleep pattern to help your physical and mental health



## 3. Talk to Your Partner

You can and will enjoy sex again – but you must be brave to let your partner know that you are suffering.

## 4. Talk to Your GP

About your exact situation and whether there are any investigations or management options that might suit you.

## Use a pelvic floor toner.

### Kegel8® V for Men

Kegel8 V for Men may help with achieving a more satisfying erection. Electrical stimulation using skin electrodes near the sacrum improves blood flow to the pelvic nerves.

To gain greater strength, you can stimulate the pelvic floor muscles using an electrode inside the anal canal which will distribute current to the surrounding pelvic floor muscles to make them exercise by contracting and relaxing in patterns.

Kegel8 V for Men has a Medically proven 12 week programme. It accurately locates your pelvic floor muscles and exercises them for you. The **“smile”** feature shows you in real time when your pelvic floor muscles are in work and rest mode.

★★★★★ Trustpilot

*Very happy with my improvement.* -- verified buyer

I suffer from both ED and Benign Prostatic Enlargement. I have been using the Kegel8 since I purchased it some weeks ago. I have to say that I have noticed an improvement in my ED, sometimes spectacularly so! I have also noticed, although I didn't purchase it for this, a significant improvement in the number of times I have to get up in the night to go to the toilet. On three night last week I slept right through with no interruptions, something that hasn't happened for a very long time. I am continuing to use on Pr5 for erections and hope to see some more improvement, although I am currently happy with what I have achieved so far. Results don't come overnight, you do have to persevere for a few weeks, but I am a very happy man so far. I use the anal probe, and with plenty of gel, it is not uncomfortable, nor unpleasant to use, you do, obviously, have to be scrupulous about hygiene.

Medically Proven



[Shop Kegel8 V for Men >](#)

### Week 1

With your sessions your toner will help you find your pelvic floor muscles

### Week 4

You'll start to feel a real difference. More control, less leaks, more confidence

### Week 12

Your pelvic floor is strong and you're living life without leaks and sudden urges!

# Bladder problems



## Bladder problems which can be helped by pelvic floor exercises

When you feel the urge, how do you stop it? Or how can you make the urges less frequent? Don't worry, there are a variety of practical methods of prevention available to help fight back against urge incontinence. Here are Kegel8®'s top tips:

### 1. Stress Incontinence

Stress incontinence is leakage that occurs when the bladder is under pressure or high impact, such as when you cough, sneeze, laugh or jump. This can be a common problem after pelvic surgery or if pelvic muscles have weakened due to ageing, or from frequent stretch and straining from a chronic cough or constipation. TIP: practice "The Knack" (see page 5)

### 2. Urge Incontinence

When you have the urge to go, try standing on your tiptoes. Going up and down on tip toes works the calf muscles which share the same nerve endings with the pelvic floor helping it to work better.

### 3. Nocturia

If you suffer from urge incontinence, you may also find that you have the need to frequently pass urine during the night and wake to do so – this is a condition called nocturia. TIP: practice the "slow holds" exercise (see page X) . Stretch & relax before you go to bed (see page 18).

Nocturia is not always related to an underlying condition. It may be caused by, ageing, fluid intake just before bedtime and the consumption of alcohol and caffeinated beverages.

**A staggering 1 in 10 men in the UK suffer with bladder leaks and many are developing it at an earlier age. And, here at Kegel8, we are all too familiar with the impact it has on both physical and emotional well-being, as well as on life in general.**



## Tips for Managing Urgency Incontinence in the Short Term

When you feel the urge, how do you stop it? Or how can you make the urges less frequent? Don't worry, there are a variety of practical methods of prevention available to help fight back against urge incontinence. Here are Kegel8®'s top tips:

**1. Kegel!** Pelvic floor exercises are essential, and the first-line treatment for tackling incontinence. Exercising your pelvic floor muscles can strengthen the pelvic floor and reduce your risk of incontinence and improves erectile function and sexual pleasure. You can't hang on if you have nothing to hang on with

**2. Tiptoe** When you have the urge to go, try standing on your tiptoes. Going up and down on tip toes works the calf muscles which share the same nerve endings with the pelvic floor helping it to work better.

**3. Distract yourself** Try to focus your attention on something other than your bladder. Yes, it's easier said than done, but it could help to reduce the urgency.

**4. Toughen up** Applying pressure to the perineum helps to defer the urge to wee because it stimulates the nerves of the skin helping to make the pelvic floor work. If you can't be too obvious then sitting on the edge of a chair or rolled up jumper can be more subtle.

You can use a probe or electrodes, whichever suits you better.



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## Lifestyle changes can help a bladder leakage problem

### Improve toilet habits

Constipation is a leading cause of pelvic issues. Straining on the loo stretches and weakens your pelvic floor muscles. This creates a self-perpetuating cycle, which can be broken by improving your diet and your toilet habits.

### Drink more water

Your body needs water or other fluids to work properly and to avoid dehydration. That's why it's important to drink enough fluids. In climates such as the UK's, we should drink about 1.5-2 litres per day of fluid every day to stop us getting dehydrated. In hotter climates, the body needs more than this. We also get some fluid from the food we eat.



### Increase fibre intake

Eating more fibre will make your stools easier to pass. Try slowly adding more fruit, vegetables, and nuts to your diet as well as wholegrains such as oats and brown rice.

### Elevate your knees when you poo

Humans are designed to 'go' in a squatting position, so that the bowels can empty properly. When you sit on a standard toilet your colon is kept partially closed by a muscle called the puborectalis. Try a toilet stool such as the Go Better toilet stool to achieve the squatting position on the toilet.

Want to try before you buy? Try propping your feet up on a stack of old books (7"-8" high is optimal) next time nature calls. If you find that this squatting position makes it easier to go, you can invest in a nice, specially designed, wipe-clean Go Better toilet stool with confidence.



### Lose Weight

If you become overweight, more stress is placed on your pelvic floor muscles. This continual, heavy load can weaken the muscles and you are more likely to suffer from incontinence as a result. Studies have shown that reducing your weight by 10% can reduce your incontinence by half!

### Reduce Intake of Certain Drinks

Caffeine, alcohol and fizzy drinks are bladder irritants and can make overactive bladder symptoms even worse. Do not avoid drinking water as this is key to keeping your body hydrated.



[Shop Osalis Supplements >](#)



### Keep fit and eat well

Usually, part of the solution to all issues is keeping moving and eating a healthy diet as this helps your body to function more efficiently. If you need help getting all the nutrients your body needs you can find our range of supplements above, including collagen, Vitamin D3 and magnesium supplements.





# Pelvic Pain Problems



# Rehabilitation after pelvic surgery

Many men need surgery because of a bladder, bowel or prostate issue. In some cases, you may have been working on pelvic floor muscle exercises before an operation.

After surgery you will want to get back to your normal routine as soon as possible. However, surgery can have an incredible impact on pelvic floor muscles, with men often finding that they feel weak, unsupported or de-conditioned in the weeks following their operation.

This is partly because the surgical work in the area affects the blood flow, nerves, and surrounding tissues; you will also be a bit sore and less active for a few weeks during recovery.



In the first 12 weeks after your surgery you should do independent pelvic floor exercises, but as the body is healing and sensations can be altered, it is not advised to use a muscle STIM device. After 12 weeks post-op, the Kegel8® V for Men can be used to exercise the pelvic floor muscles.

## First steps

Doing gentle but regular pelvic floor exercises several times a day, straight away after your surgery (once a catheter has been removed), will help the healing process by improving blood circulation to the area, reducing swelling, and re-awakening your muscles so they can support you and maintain bladder control.

## Returning to full function:

The next step is to build up good muscle strength and endurance again which you need for secure bladder and bowel control (see page 6) . Exercises will also improve the muscle tone which you need for erectile health and to feel supported.

## Regular maintenance pelvic floor exercises will:

- Keep bringing blood flow to the area to nourish the tissues. Improving blood flow to the pelvis improves muscle & nerve function leading to improved rectal and pelvic sensation.
- Strengthen the muscle tissue for better erectile tone and better closure for bladder control
- Improve your ability to relax the perineum for bladder & bowel emptying

# Pelvic Pain

Many men suffer from pelvic pain. This pain can be localised to the testicles, penis or anus or felt in the surrounding abdomen and other parts of the pelvis.

Your GP will work with you to investigate and treat the cause but sometimes, even once the original problem is resolved, the brain can continue to produce pain messages and sensations.

Many people have to learn to live with pelvic pain, possibly with the help of medication. Common pelvic pain conditions are, Bladder Pain Syndrome (BPS in UK or PBS in USA), or Chronic Pelvic Pain Syndrome (CPPS).

## Pelvic stretching

Men find they accidentally “grip” or overuse their pelvic floor muscles during the day. You will benefit from relaxing and releasing the muscles which attach around the pelvis intermittently through the day and certainly before you go to sleep.

Try these stretches or watch the video below for further tips:

Start with these classic exercises.

**Hold each stretch for 20-30 seconds, repeated 3 x.**

- **Happy Baby,**
- **Hip to chest,**
- **Butterfly,**
- **Deep squat (Holding chair if needed)**



Kegel8®  
Pelvic floor  
exercises on the  
move: The Squat

**Learning to relax and stretch the Pelvic floor muscles is usually helpful in pelvic pain conditions.**

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## Reducing Pelvic Pain

There are many natural ways you can help reduce the sensations of pelvic pain and become more comfortable and active.

If you cycle regularly help to keep pressure away from the delicate tissues of the perineum (the space between your back passage and penis) by

- Wearing proper padded cycling shorts
- Using a well-designed saddle for men
- Regularly lifting yourself out of your saddle

Being overweight puts extra strain on your pelvic floor muscles. Getting fitter and enjoying regular exercise will help you lose weight as well as bring more blood flow to the pelvis.

A healthy diet also reduces weight and prevents constipation.



## How do I know if my pelvic floor is too tight or too loose?

Earlier in this booklet we have suggested ways to strengthen your pelvic floor muscles or relax & stretch them. The focus of your exercise plan changes depending on different conditions. But these muscles are hidden away and it can be difficult to work out what you personally need to do and how to do exercises by yourself

### **Get a personal assessment**

If you can't work out what is going on for you ask your GP to refer you to see a specialist pelvic health physiotherapist. We can examine your pelvic floor muscles and explore with you how to get them working better using natural approaches like exercise (for weak muscles) and manual therapy release (for tight, overworking or scarred muscles).

A physiotherapist can also help you get the most from any stimulation or biofeedback devices you have.

*We hope you've enjoyed this guide*

Further reading at [Kegel8.co.uk](http://Kegel8.co.uk)

### **We're here to help!**

If you have questions or simply need some advice, please get in touch and our advisors will be on hand to help.

**T: +44 (0) 1482 496 932**

**E: [info@Kegel8.co.uk](mailto:info@Kegel8.co.uk)**

**W: [www.Kegel8.co.uk](http://www.Kegel8.co.uk)**

### **Our opening hours are:**

8am-4pm Monday to Friday\*

\*Closed bank holidays

### **Thinking about buying?**

We want to help you make sure you have the right device for your individual needs and that you can achieve results that last.

**Book a call with us below:**

**[Book now>](#)**



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